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THIS WEEK

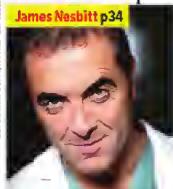
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Gumpert Tornante p10



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Nuts man Coffers enjoys a Jameson-fuelled lunch

PHOTOS: CLEVA MEDIA, CETTY, M DOMER, IMM. CETTY, PA. PHOTOS.















All-new 700bhp Gumpert Top Gear fans will know the name, but can it top the leaderboard?

"Damn, speedbump!"



- Finding a supercar company called Gumpert is a little bit like meeting a hot woman called Bernard, but the car-making company is named after ex-Audi Racing boss Roland Gumpert, who knows his fast cars!
- Gumpert's first achievement was the record-breaking 650bhp, 224mph Apollo.
 Out in 2005, it was a top car, but it was very ugly.
- Indeed, the Apollo sat happily atop the Power Lap board of Top Gear for ages.
- Their new car, the Tornante, then, is kind of like the beauty to the Apollo beast.
- The cool looks are thanks to Italian coachbuilder Touring Superleggera.
- Following the company's philosophy to bin everything non-essential, the two-seat Tomante is based around
- a chrome-molybdenum stee space frame with carbonfibre monocoque chassis and composite body panels.
- Open the gull-wing doors and you'll sit with an Audiderived twin turbo 4.2-litre V8 behind your labes, inherited from the Apollo.
- Power is up from 650 to 700 horses, and laying that to the road comes via the same sixspeed TT40e gearbox as the
- Apollo, but now with a flappy paddle-shift, Gumpert promises shift times to be as quick as an F1 car.
- How quick? Breaking the 200mph supercar club ceiling quick. Plus a sub three-second 0-62mph.
- Gumpert hopes to build 20 to 50 of the car in 2012, but don't expect change from £400k. So footballers and Simon Cowell only, please!









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JIM JEFFEESES Warning: highly likely to cause offence!

"Every time
"ve performed
at Oxford Unit
at Oxford Unit
of pr*cks!"

A long stiff one

Last week. I read that scientists have discovered that one of the side-effects of being bitten by a Brazilian wandering spider - if you survive, that is - is that you pop an crection for four f**king hours. The boffins think that if they can somehow harness this, they can combat erectile dysfunction, Hey, todies, if your spread peanut butter on your genitals, a labrador can apparently make you wer for about the same amount of time. Wonderfulthing, sciencel



I see new government rulings in the UK mean transsexual and transgender prisoners are now legally allowed to wear dresses and padded bras in prison. It turns out that a lot of these guys had been bitterly complaining about the uniforms for years. Strangely, though, none of them complained about the rapes!

Sheen's a proper charlie

Charlie Sheen. Oh boy, I hear he's had his catchphrase, "Winning", Introced on his wrist, as a rebuttal to what everybody's saying about him. But according to this celebrity doctor guy in the States called Doctor Phil, Charlie has all the signs of sumcome who's suicidal. Jeez. I just hope if he does kill himself, he shits the



other wrist, 'cost just couldn't take the frony. So that's bestfallty, prison rape and suicide so far – a good week!

Oppressing the little man

I also read last week that a performing dwarf has been banned from Oxford University because halfway through his show, he whips out his penis and uses it to drag a vacuum cleaner around the stage. It seems the little derlings at Oxford Uni deem his act too offensive. Come on, what's your problem guys? Every time I've performed at Oxford Uni, I've found the place full of little pr*cks!

A message to the Irish cricket team

As an Australian, I couldn't end this week's column without congratulating the Irish cricket team on beating England. Hear that, England? You're cr*p! You're nothing! You were beaten by Ireland. Hang on a minute. That means Ireland are better than Australia. You know what? I've changed my mind. F**k you, Ireland!

Jim Jefferies: Alcoholocaust Live is out now on DVD



A QUICK WORD WITH... Mike Tyson

The boxing legend talks to Nuts!

i Iron Mike! Talk us through your love of pigeon-fancying. Iron Mike's dead. I'm a different person today. I've. loved pigeons since I was nine years old. They were my escape. I was fat and uply and the other kids teased me all the time. The only joy I had was pigeons. Is fancying pigeons similar to bringing up children? I've got eight children but I don't think I was ever a good father. I was living in a fog. I don't recognise the buxer Mike Tyson any more. I'm better today. But I need to prove myself every day.

"I struggle to get off the toilet these days!"

Happiness for you used to be smashing an opponent's face in. What does it mean to you now? Screaming children running around. Or being with my pigeons. We need to learn to let go. The essence of happiness is to let go. Nothing is forever. Good advice! You used to be minted. Are you still rich? No. I'm broke and I'm poor. My wife manages memow. She brings in jobs. I need to work. But you're still a champ, right? What qualities does a champ need to have? Self-confidence. belief, force. And you need to understand what it means to lose. You need to be flexible. You need to be able to adapt. You need to bend but not break. When you look in a mirror today, what do you see? I see a joke, a sad figure, somebody who was pretty stupid. I never used to be able to see this. I had to go through life pretending. to be a macho. I had no feelings for others, I had no compassion.

I was trained to be that way. I was empty.

What else have you learned over the last few years? That I was insecure and jealous. I had little self-confidence but a big ego. And I've learned that it's the action, not just the talk, that'll move you forward in life.

Who would you say was the best boxer of all time? Probably Ali, but what does that mean, really? It's just a description.

Do you ever dream of a

comeback? I have difficulties getting off the toilet these days, so no. I can't Imagine being back in the ring. Maybe as a coach. Isit true the new Mike is also vegetarian? That's right. I'm a vegan now. I didn't want anything to do with this guy

anything to do with this guy who I once was any more. I didn't want to be a sex addict, a drug addict. I didn't want to be a meal-eater. I'm a totally different person today.

Thanks, Mike! Finally, is there anything left of the old Iron Mike? If you push me in a corner, 17th bite you. I'm working on my temper, on getting better. But there's still a long way to go!

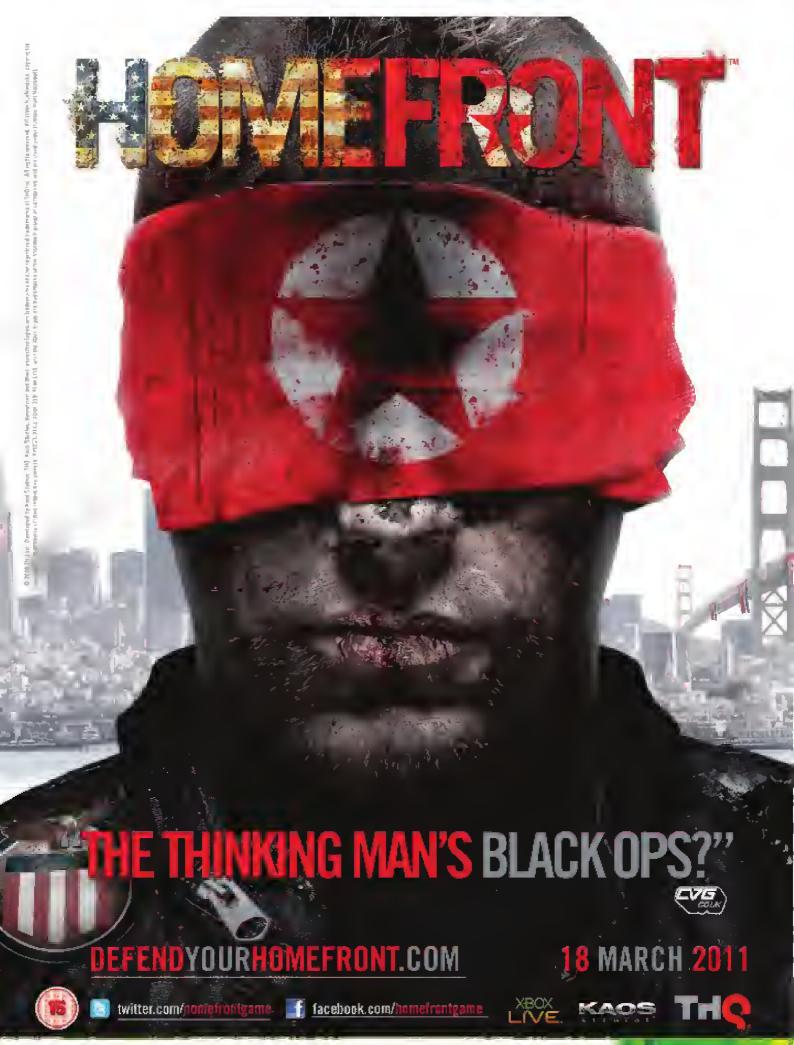
"That's some sticky tollet

paper!"



"I call him The

Destroyer!"





Jump in.

THE Nuts LIP-READER!



When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an FA



Tomas Rosicky: "How can he hear anything? It's f**king loud!"

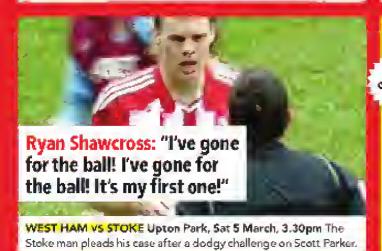
BARCELONA VS ARSENAL Nou Camp, Wed 9 March, 8.57pm The Arsenal man protests Robin van Persie's second yellow card.



LIVERPOOL VS MAN UNITED Antield, Sun 6 March, 2.16pm Evra tells the ref Jamie Carragher's tackle on Nani was a shocker.



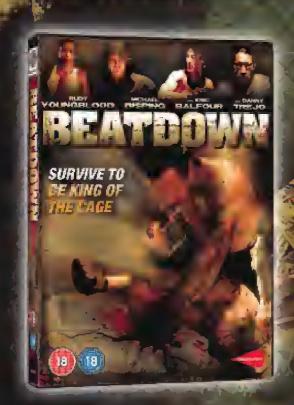
LIVERPOOL VS MAN UNITED 2.18pm Phil Dowd tries to sort out some of the aftermath of Rafael's reckless challenge on Lucas.



POTTY-MOUTH OF THE WEEK!



FULHAM VS BLACKBURN Craven Cottage, Sat 5 March, 4.52 pm Samba goes mad after Fulham win a soft penalty late on.



OUNGBLOOD

(APOCALYPTO)

BALFOUR

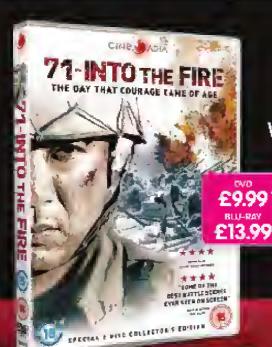
MICHAEL

DANNY TREJO (MACHETE)





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21ST MARCH

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DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

"I like a man with a firm handshake but honestly..."

'My bone was sticking out!'

Game of dodgeball leaves bloke's thumb dodgy!

inally, conclusive proof that physical exercise is bad for you. The owner of this mangled mitt is Tom Malins, a trainee PE teacher from Stevenage.

Tom, 23, tells *Nuts*, "It was my last ever lesson at a school, and I covered another teacher for a

Year 11 dodgeball lesson, which I stupidly decided to take part in as well. I was holding a ball, and tried to use it to deflect a ball someone had thrown at me.

"The ball was flying so fast. It hit the top of my thumb and I heard a sickening pop. I looked down to see the bone sticking out and my thumb pointing in the wrong direction! I was numb through shock, and lightheaded until an ambulance arrived. It took three surgeons to pull the top of the thumb back into place, and I've now got a screw in my bone, not to mention a fear of dodgebal!!"

"I'd give you a a ave but you might throw up!"

Win £1,0<u>00!</u>

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com



Nuts GEAR



YOURLE

Sackloads of silliness from the minds of our readers!

Send your Letters to nutsletters



Dear Nuts.

I got my Nuts camo T-shirt through the post and have loads of jealous squaddies wanting it. Here's me proudly displaying. the T-shirt as part of the PB Khar Nikar football team.

Cpl Lozza Lowes, Afabanistan

Well. Lozza, it is the desirable fashion item of the season!



At least his name's not Dick or Pat!

I stumbled across this unfortunately named football correspondent on the Wolverhampton Express And Star's website. Oh dear!

Duster Hughes, Wolverhampton

Oh dear, indeed! We've just got two words for this unfortunate man - deed poll!



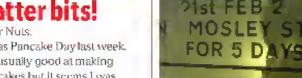
Walsall correspondent Nick Mashiter reports from the Banks's Stadium as Walsall battle to a goalless draw with Gillingham.

Batter bits!

It was Pancake Day last week. I'm usually good at making pancakes but it seems I was just getting cocky!

Shane Jenkins, Caembilly

And did you make sure you tossed it several times?



LONG DICKS EXCITED

"What about those of us with short ones?"

A sign of

Dear Nuts.

Some people around my way really are very childish!

Steve, via text

And we salute them for it, Steve!

Blackpool illuminations

Dear Nuts.

Here's me in my Nuts vest and shorts. Thanks, ouvsl.

Lori-Anne Shutterton.

Blackpool

No, really, thank you for the picture! Ladles, remember, you too can bag a vest and shorts at nuts.co.uk/vests





premedia, com or to the address on p50



We can digit

Dear Nuts,

I create digital paintings in my spare time, so when I saw a picture of the amazing Sophie Reade, I decided to have a goat painting it. I kept the original face, the rest is all my own workl

Brian Calden

Northern Ireland

And it's almost as good as the real thing, Brian. Nice work!



had branched out

No way to curry favour!

Dear Nuts.

This strikes me as a rather rude way to preserve Indian heritage! Anon, via text

We'd just like to state that Gits' pakoras are delicious, and if they're reading, our address is on page 56. Just saying...



Win Durex stuff! 📼

Send your letters, hilarious spam pictures and camera. phone cutie shots to: <u>nutsletters@ipcmedia.com</u> or post them to the address on page 56. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply. of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit www.durex.co.uk for more information.



Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcm

I asked the milkman for a bottle of skimmed milk yesterday and he gave me a semi. I don't think he noticed, though - I covered it up with the bottle!

Simon Murray, Widnes

A bloke says to a horse, "Why the long face?" The horse replies, "I'm running at Newbury later!"

Sam Johnson, Wigan

A lad goes to a barber and asks for the Justin Bieber look.
So the barber shaves his pubic hair of f!

Andy Keen, Durham

Have you seen that new book about needlessly wasting paper?
It's 4,000 pages long!



Teething trouble!

firmmy puts his hand up a mannequin's skirt. His mother says to him. Don't do that! There are teeth up there that will hite your hand off if you do that again." Years later, 'Timmy starts seeing a girl at college. One night, after a few drinks, the girl tries to put his hand up her skirt. Timmy says, "Thi not putting my hand up there, your teeth will bite me!" The girl says, "There are no teeth up there, look," and pulls down her knickers to show him 'Timmy says, "I'm not surprised. Look at the state of your gums!"

Steve Povey, via email.

Wii problem!

Dave comes home early one day to find his best mate. Paul, and his wife sweating, and desperately trying to catch their breath. "What's going on?" asks Dave. His wife says, "We've, erm, just being playing the Wil Fit."



The next day, Dave comes home again and finds the same thing. "What's going on now?" Dave asks. His wife says, "We've been playing Wit Fit again. Paul's getting really good at it now!"

As Dave leaves the room he hears Paul multer, "idiot" under his breath. Dave turns around and says, "Ha! You're the idiot, mate—Ljust looked at the screen and none of the scores you got on the Wij Fit are registering!" Carl Barker, Devon



Shocking sex!

A middle-aged couple decide to revisit the place where they went on their honeymoon, 20 years earlier. As they're driving through the countryside, they stop at the place where they made love all those years ago.

The husband says, "Sweetheart, I've got an idea – let's make love

Win a PS3 & The Virginity Hit!

The sender of this week's funniest joke* will win a PS3 and a copy of outrageous mockumentary *The Virginity Hit* on DVD. The story of one man's mission to lose his V-plates, it's out on DVD on 14 March.



FOUR LOVES TO JUDICIONES PINAL LIBRAIS AND CLINOTHUS ON PAGE 55 APPLICATIONS FOUR LOVES TO JUDICIONES PRINCATEDIA COM OR TO THE ADDRESS ON PAGE 56.

ia.com or to the address on p56

again like we did last time we were here!"

He undresses her, then pushes her against the fence, and they have the most amazing sex.

The guy says, "Honey, you didn't move like that last time we were here, 20 years ago!"

His wife says, "Yeah, but the fence wasn't electric back then!" Sam, via email.



Heaven help me!

There's a huge car crash in which four people lose their lives. At the pearly gates, God asks the first bloke what his job was.

"I was a policeman," says the man, so God lets him in. He asks the second fella what he did.

"I was a teacher," he says, so God welcomes him in, then asks the third man the same question.

"I was a doctor," the man tells him. "Welcome to Heaven!" says God.

The final man steps up and God asks what he did for a living. "I was a bouncer," the bloke says.

"Fantastic," says God, "I need a break. Watch the gates for me, eh?" Chris Smith. Cardiff

FAMOUS BLOKES' JOKES'

TIM MINCHIN

"Why is insomniacal" not a word? It's keeping me up at night!"

DARA O'BRIAIN

"In many ways, Ireland are the winners of the 2012 Olympics because we don't have to pay for it!"

KARLPILKINGTON

"If I only had one eye, there's no way I'd risk losing the other by having a parrot with a sharp beak on my shoulder!"

RUSSELL BRAND

"I bought an HD 3D TV for Christmas, and now I have an incredibly vivid transvestite in the living room!"

ALAN CARR

"My 35-year-old neighbour still gets a Valentine's card from his mum. What's all that about? He stopped sleeping with her over 18 months ago!"

JASON MANFORD

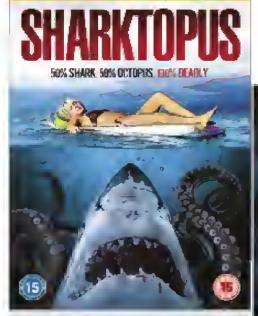
"Be aware if you ever go to Japan, because it's considered an insult if you tip someone. It sounds like my kind of place, in fact, because I'm a tight b*stard!"

STEPHEN K AMOS

"What is it with WHSmith always trying to sell me giant chocolate bars at the end of the till? Are they trying to tell me something?"



put your feet up



ROGER CORMAN PRESENTS

From the legendary producer Roger Corman and starring Eric Roberts (The Expendables, The Dark Knight). A creature like none ever witnessed before - 50% shark, 50% octopus, 100% deadly

The best octo-shark movie ever made -**Daily Mirror**

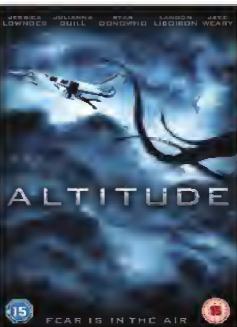


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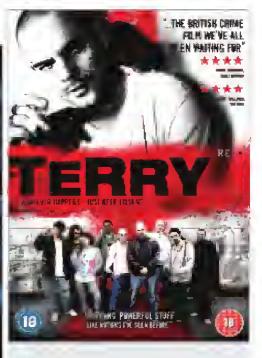
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From the producers of Wolf Creek comes this white-knuckle shocker that takes the supernatural to new terrifying heights. Starring Jessica Lowndes (90210), Julianna Guill (Friday The 13th) and Ryan Donowho (The O.C.)

also available on Blu-ray



DVD out now

An aspiring director decides to make a documentary on low-life drug dealer Terry and becomes immersed in a world of drugs, sex and violence. Hoping to capture some documentary gold, he gets way more than he bargains for...

Groundbreaking - Noel Clarke



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Seen something daft? Snap it, send it in and win £100!



"For some reason, I've just lost my appetite for sweets!" Wes, North Wales



"And this, everybody, is why I shop at Tesco now! Bargain!" Mac, via text



"I've not been up to much lately, so I got this tattoo done!"

Matt Shaw, Lancaster





do you think?" Steve, Milton Keynes

"As I drove my wife down this road, I didn't dare say anything!" **Anon**, via text



Text 'Nuts' and your picture to 0771 388

8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100



"I don't think I even need to make any comment on this one!" **Anon, via text**

CLAMPED!

"Ha-ha! Where are your bloomin' wings now, matey boy?" **Anon**, via text



i Sarahl How does it feel to be Nuts' Next Top Model? Great! It's nice to know people will see me!
Tell us a bit about yourself. I'm 22 and studying criminology at Plynouth Uni. So I'm better at telling if a bloke's lying now!
Being the older girl at uni, do you exploit the new boys? No, I wouldn't do that! I always look after and mother the new boys to help them settle in OK.

What's the most daring thing you've done on a night out? At the end of one night, my mate had only a fiver left and I didn't have any money at all, so she asked me if I'd rather get some food with the money and walk home, or spend the cash on a taxi and not eat. On overhearing our conversation, the bloke serving in the burger van said if I flashed my knickers, he'd give me a burger for free. So I did it?

If you could be any animal for a day, what would you be? I don't like animals. They scare me! Tell you what – it's not really an animal, but I'd like to be a fly on Victoria Beckham's wall for a day. I'd love to see what really goes on behind closed doors! What kind of man do you like? I like a guy who has a sense of humour, is good with his hands, is a bit older than me and who'll look after me and treat me well!

Finally, what do you think sets you apart as a model? I've got huge boobs that really have to be seen in the flesh to be believed! They feel amazing, too!

More Sarah

Want to see more of Sarah in Nuts? Email us at: topmodel@ipcmedia.com





The Irish actor on free wine, hobbits and learning lines on the train!

i James! You play doctor Gabriel Monroe in ITV1's new medical drama. Monroe, What's it all about? Is it like House? No. I'm using my own accent for one thing! Monroe's a brain surgeon, so he's remarkably gifted. He's very good at taking people's heads off and looking at their brains and peering into their souls but he's not very quoch at looking at his own. His home's the hospital so his home life isn't that functional. But he believes the brain's a multi-faceted, brilliant organ. which contains our unique humanity, and the heart's jušt un organ to pump blood. at the end of the day.

Crikey! Did you have to go to medical school for eight years, then specialise in neurology for a further four years to really get into the part? No, the beauty of being an actor is that I just have to learn my lines and say them. But I did spend a lot of time. with two brain surgenns. I saw four brain operations. Really? Yeah, at one point, one of the surgeons pointed to a bir of brain that had been exposed and just said, "James, that is thought." So that was enough for mel-Intense. Did you accept the role thinking it was a drama about '50s American actress Marilyn Monroe and you'd finally get to wear a dress. on telly? Et ... no! But that's definitely next on the agenda. Glad to hear it. Nutsused to live near you and we'd often see you pacing up and down the local railway platform muttering to yourself. Are you possessed? You're not

the first person to have seen

that, actually. I'm usually just repeating my lines, which I've decided to learn the morning. I'm shooting, to mysell. There's an element of punic and lear, which seems to induce fear in others.

As well as Monroe, you're also going to be playing Bofur the hobbit in Peter Jackson's The Hobbit, due out next year. Er... how tall are you? Six foot.

Well, in Middle Earth, hobbits are 3ft 5. dwarves

are 4ft 5 and only elves are human height. How do you plan to lose 2ft 5 to play a hobbit? Er... well, I'm kind of hoping Peter Jackson takes care of all that. It seems to me that I'm going to be bigger because I think they're elongating my ears and my head. But I suppose, if the worst comes to the worst, I can do the old-fashioned thing of petting on slippers and walking around on my knees. And instead of riding

"I'LL JVST VALK N MY KNEES IN THE HOSSIT!

normal-size borses, I'll beriding little Shetland ponies. You've recently admitted to having a hair transplant. What if a role as Dr Evil from Austin Powers or as Ross Kemp's stunt double comes up? Well, I'll just wear a skullcap. Easy! Good idea. Come to think of it, aren't hobbits supposed to be hairy? Or are we thinking of the ewoks from The Return Of The Jedi? 1 think they both are, so I don't think I'll have any problems! You did a TV advert for Asda back in 2007. Did you get to fill your trolley with as much booty as you could in one minute, like in Supermarket Sweep, as payment? No. If you recall, I chose the acl rather wisely. I got ru go. to Bordeaux and talk about wine, which just involved. drinking a fair amount of it. The vineyard I was visiting actually stocked all sorts of wine, not just Asda winel. How about that Christmas ad you did for Marks & Spencer in 2009 where you went, "Something nice for your granny." Did you get. something nice from M&S for doing their ad? Well. I didn't get something nice for my granny because both of them have been dead for a long time. But I think I was paid for it. That was nice. Thanks, James, Finally, you also own a horse. Got any tips for us? He's called Riverside Theatre, so you can back him at Cheltenham. He's brilliant. He's won a lot of races. He wears Man. United's colours, which were designed by my goddaughter. And do you ride him yourself? Er, no. I pay a jockey. to ride him for me. How about when you've lost all that height to become a hobbit? Then you'd also make an ideal jockey. You could ride him then! That's right. Then I'd have to pay myself, which Hike!■

Monroe is on ITV1/HD every Thursday at 9pm





t was 8am on a wet Sunday morning about six months ago. I was rushing to get to work because I had to open up the shop that day and I was worried I was going to be late," Ray Curry, a 21-year-old sales manager from Northumberland, Tells Nists

"I got in my car, revved the engine and took off. The next thing I knew, I'd hit a slippery patch on the road and slid out. of control. Despite my best efforts, I skidded off onto the wrong side of the road. The car smashed off the kerb, flipped over, ploughed clean through a lamppost, then carried on rolling 40 yards alongside a wooden fence, which ran next to the road. As soon as the can came to a halt, I blacked out."

When Ray eventually came to, he was unprepared for the horror he was about to witness.

"When I woke up in what was left of my car, I realised I was stuck for two reasons - the driver's side door was buckled. beyond recognition and a huge, heavy, wet wooden fencepost had impaled me through the chest, pinning me between the seat and the ruined door.

like I'd been winded and I started to fear for the worst. I was alone on a country road, early in the morning, with nobody around for miles. I began to panic and for a while. Treatly thought I was going to die there."

Luckily for Ray, a local man heard the smash and came running to help.

"This guy called Gordon came to my rescue and probably. saved my life," recalls Ray. "He pulled the door open while I pushed from inside, and I drugged myself out of the car. I could hardly breathe, but I wasn't in much pain, probably due to the shock. All I could think about was I needed to call work to tell them I wouldn't be in! My phone battery was dead, so I had to try to remember my work number and tell Gordon. so he could ring them.

"I must have been delirious. because I kept trying to remove the post from my chest as wellbut every time I moved it, the pain was agonising. It had actually gone right through me

"They found

my Magic Tree

air freshener

inside me!"

and was poking out Even lying. down was almost wasn't long until the medical

chapperarrived

to hospital, they had to cut off most of the fencepost because I wouldn't have been able to fit inside the air ambulance with it sticking out of mel"

When he eventually reached the hospital. Ray's fight for survival was placed in the hands of the on-site medical team.

"At the hospital, I was greeted by members of my family and a very large medical team. The first thing I did was ask my mum to retrieve my phone from the crash site, put it on charge and call my girlfriend to let her know where I was, so she wouldn't think I'd stood her up

after work!"

Asifthe accident wasn't bizarre enough, Ray's doctors were about to find something even stranger.

"After many scans to make

sure my smashed-up body could take it. I was rolled into the operating theatre. The surgeons turned me over and found something unusualthere was a four-leaf clover stuck on my back, which had been there since I first rolled out of my demolished car. I'd had no idea about it but when I woke up after surgery, the first thing the

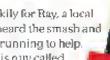
doctors told me was about the amazing four-leaf clover.

"l also found out that as well as countless fragments of wood, the surgeons had recovered my Magic Tree air freshener, which was actually inside mellt had been hanging from my rearview mirror and when the fencepost came through, it took the air freshener with it, lodging. Linside me."

After reeling of his catalogue of gruesome injuries to Nuts, Ray feels blessed to still be alive today and that his lucky four-leaf clover played no small part in his miraculous escape.

"All in all, I had a diskodged. bottom rib, shredded bowels, a perforated diaphragm and the normal cuts and bruises everywhere. I'm well on the way to recovery now, though, and I can't wait to get healthy and get back out and play football.

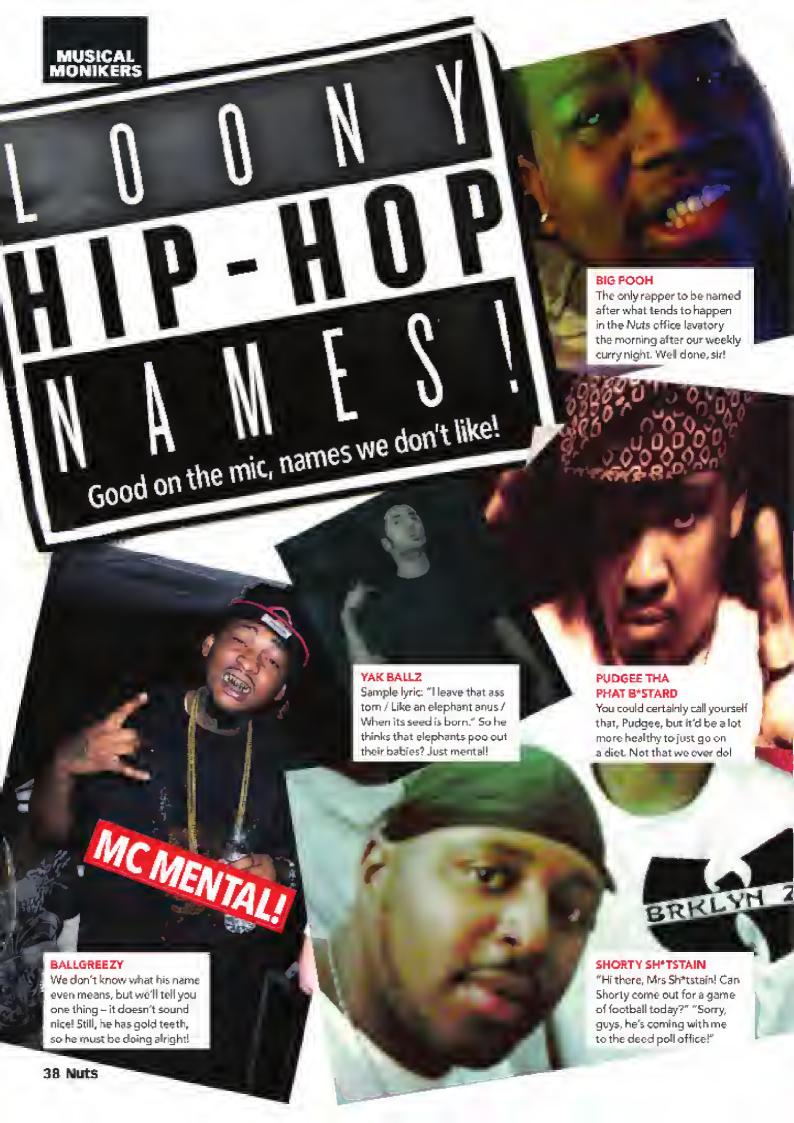
"I can't help but feel lucky tohave found that four-leaf clover -or should I say it was lucky the four-leaf clover found me!"



the other side! impossible.lt

but before I could be airlifted.





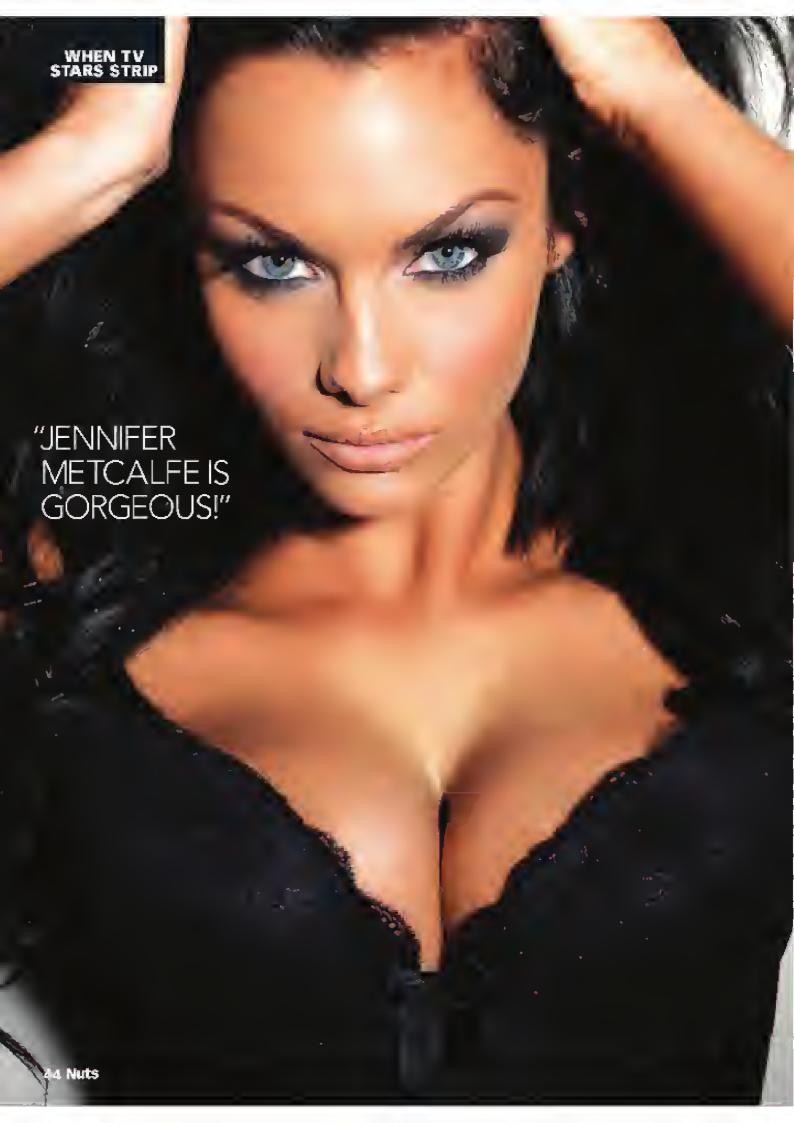






















Lucy Pinder has lovely boobst. What other soap babes do you think are het? Oh, Hove Jorgie Porter. She's gurgeous and has lovely pictures in Nutsl. Where's your favourite holiday destination? Hove Dubai! It's one of those places you can go to and chill out, get a tan and a few cocktails. It's my paradise. What's the wildest thing you've done on holiday? A while ago. I went on a girls' holiday to Marbella. We'd do our make-up, have a minifashion show to pick clothes, go out, come back, crawlover to the sun lounger in the morning then do it all again! You came second in Hell's Kitchen recently... Well, I never thought I'd come second, let alone be the top girl! I thought Localdn't cook, but Hoved it! What would you make for Nuts If we came over for dinner? Something like steak with saladand vegetables. And maybe if you were very good. I'd serve it up wearing my underwear!

Catch Emmerdale on weekday evenings at 7pm on ITV1=

Nuts 49



Chelsea vs Man Two big foreign stars chat to Nuts ahead of Sunday's big one!

Luiz: "Chelsea fans love my hair!"

League OK? It's been an incredible transition. The club have welcomed melike a part of their family. I've always admired English football, so to have the opportunity to play here is an honour!

Many foreign players say our league takes some getting used to because it's so tough. Yes, it's guicker and harder but I knew this before. I may not look tough, but I am! I enjoy the physical aspects - the tackling, the going eve-to-eve with an opponent. Your ability with the ball has drawn comparisons with greats of the game like Bobby Moore, Franz Beckenbauer and Franco Baresi... No way! I'm nowhere near the quality of these. legends! I'm only at the start of my career. I suppose it's

intelligently. But I know what my main job is - I must defend and stop the goals!

Who's your footballing hero? My father. He was a good. footballer himself but sacrificed everything to provide for his family. When I was growing up, he and my mother gave me and my sister everything so we could advance our dreams. My determination comes from the need to repay their faith in me. So why Chelsea? This is simple. the opportunity to come to the best football league in the world and to play with and against so many special players. I'm ambitious so wanted to test. myself as early as possible. Lalready knew Ramires and Alex, too, so I thought they'd. help me in the early stages.

- the English warrior with the cultured Brazilian... John Terry is the heart of Chelsea. He's the captain, the leader, the man everyone respects. Already I can see his qualities as a footballer he puts his body in danger for the team and thinks nothing of it. This is a spirit I admire!

You've been an instant hit at Stamford Bridge, with some fans wearing curly wigs! What's the story behind the hairdo? I grewit when I was in Portugal. I was cold and thought it would keep me warm! There were many comments from fans that they liked it, so I thought, "Why not keep it?" If the Chelsea fans want to show their love for it. ton, this is fantastic!

Will you ever shave it off? Why would 1? It's cold here, too!

"The snood's not coming off without a fight!"





was absolutely delighted that Spurs made the last eight of the Champions
League after a heart-stopping night at White Hart Lane and for me, it just proved that when it comes to English managers, there's only one man who's been there and done it all.

"Knowing Harry, he'd take the England job!" I'm proud to call llarry a friend and the one point that can't be made enough is the perception of him as someone who's just a bit of a wheeler-dealer, someone who gets by in football by being a bit handy in the transfer market, couldn't be further from the truth.

As the hard-earned victory against AC Milan showed, Harry's factically astute, knows how to get results and how to use his squad as well as any manager in the country – to

take Tottenham to the quarterfinals of the biggest club competition in the world is nothing short of remarkable.

Of course, people are now clamouring for him to be England manager and knowing Harry, he'd take the job tomorrow if it was offered to him. It'd be the pinnacle of his career and you just know he'd get the best out of the players and we'd finally see some proper attacking football from the national side after so long!

It doesn't look like Fabio Capello's going anywhere until after next year, however, so Harry can focus on continuing the fantastic job he's doing at Spurs – a club that are really going places and could well establish themselves as one of the top five clubs in the country.

Whether or not they progress any further in the Champions League remains to be seen, but Spurs fans already know how good their manager is – the best English boss around.



Messi's masterclass

Once again. I was in raptures over Lionel Mess) following Barcelona's win against Arsenal last week. The way he dinked the ball over Manuel Almunia for the opening goal was jaw-dropping! He now ranks up there with the likes of Maradona and Ljust love watching the little genius play. After that display, it's pretty likely we'll see Mr Messi at Wembley for the final in May.



off for kicking the ball

away against Barca. It was quite simply

a stupid decision,



Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed Nuts T-shirt!



SAMSUNG

Guide your manager to league glory!

ith four teams still in the Premier League mix, it could be one of the best finishes to the season in years. But the managers of the top four have had to cope with all sorts along the way and it's not an easy job!

Could you lead your team to Premier League glory? Play the Nots Race For The Title Snakes & LaddersTM and find out. It's great fun for all the family!

How to play...

- Choose your top-four manager
 Carlo Ancelotti, Alex Ferguson, Arsene Wenger or Roberto Mancini.
- Roll official Nuts Snakes & Ladders!TM dice (not included) and you're off!
- Avoid the pitfalls at every turn and lead your side to Premier League glory!
- Play again, It's the game that keeps on giving!

You did it! The trophy's all yours! Go and enjoy it, then come back in a few weeks and start another long season!

FINISH!

Patring your reserve team out at West Ham in the Carling up results in a sting. O

8

Not a great start. One of your centrebacks snaffles his vafe's dim sills and gets backed leaving your

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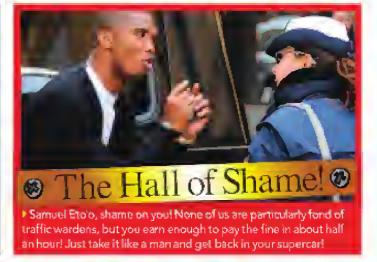


NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com



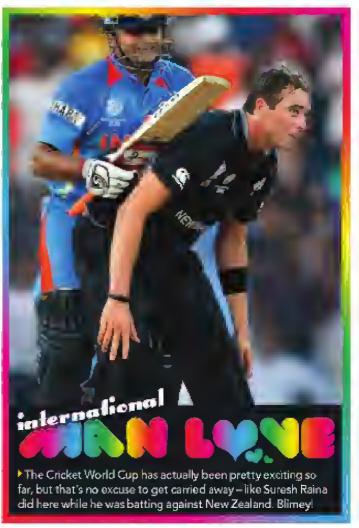
What would you do if a man ran on to your footy pitch dressed as Borat? Dorchester's Ashley Vickers was sent off for this tackle on the nutcase during last week's defeat to Havant & Waterlooville!





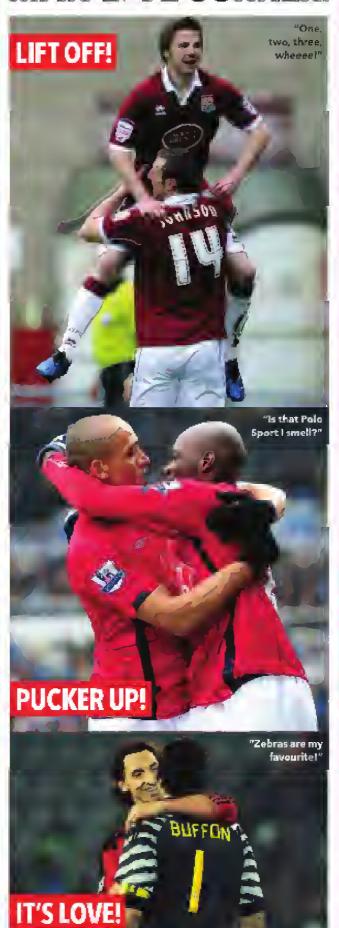
▶ Just look at Diego Sanchez's mushed-up mush after last week's bout against Martin Kampmann at UFC Live - and he won! This is







MAN-LYVE CORNER!







QUOTE ME ON THAT!

This week's biggest match debaters!





"Kevin Phillips was great at picking up knock-offs"

> Over the years, re been an egg on the pitch

"A penis, is undeniably, just a penis"

"Preston fans, put your hands over your eyes and your fingers in your ears"

That's impossible, Jeff Stelling.

> "DJ Campbell has got no chance of playing for England. Absolute zilcho chance"

"Steve Kean will be tearing his hair out. If he had any

"It was a bit of a schmozzle out there"

> "Van der Sar put up an arm and then put up another two"
> Alan Smith on Man United's octopus keeper.

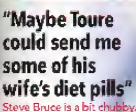
'OO-ER SOUNDS A BIT RUDE' CORNER!

"Big Willie's going to be unveiled at a press conference"

"There are lots of bodies coming across the face of the keeper" Phil Thompson on an X-rated game.

"David Moves has bummed Louis Saha up"

Charlie Nichola on the obliging Everton boss







GET ROCKS

Want hair as good as your favourite frontman? Shockwaves will sort it!

e don't know much about grooming here at Nats. But there comes a point when even we look at ourselves in the mirror and think, "What on earth is going on with my hair?" If, like us, you want to adapt to any situation – whether it's going to a gig, meeting a new lady or just going down the pub – men's hair expert Shockwaves has all the answers.

Shockwaves Style Director Michael Douglas tells Nots, "Shockwaves has an impressive product range enabling guys to create their own style and make a big impact!" Sounds perfect!

To prove this, we went along to the Shockwaves NME awards 2011, where Michael picked out people in the audience with some of the best styles out there right now, then told us how easy it is to get the look ourselves...

1. THE WET LOOK

Every time we try to get the wet look we just look as if we've been standing in the rain, but this bloke here mastered it, and doesn't it look cool? If you want to get this look, here's Michael to tell you how: "Your haircut needs to be short back and sides with at least 5cm of length on top. Apply a 50p coinsized blob of Shockwaves Extra Strong Wet Look Gel to wet hair and comb back with a wide-tooth comb, then leave to dry. Oh, and no touching until it's dried, which should take about 15 minutes."

Shockwaves Extra Strong Wet Look Gel RRP £2.49* SHOCKWAVES



2. THE AMERICAN

America has given us loads of great things. including some of the greatest rock and roll ever. Here's a hairstyle to match the music! Michael says: "Your hair needs to be longer at the front. Apply Shockwaves Re-Create Styling Shaper Gel to damp hair and blow-dry, pulling the hair forward. Once it's all dry, apply some Shockwaves Re-Create Styling Putty to the fringe and sweep across the face."

Shockwaves Re-Create Styling Shaper Gel RRP 12.99, Shockwaves Re-Create Styling Putty RRP £2.99*



3. THE ARMY BOY

Fancy a look that's cool, easy and classic but very modern, like this young chap? It's actually so easy to get, and here's Michael to tell you how: "Apply some Shockwaves Styling Steel Gel to damp hair and blow-dry all your hair from the crown forward. Use a comb to keep the hair flat while drying. Once it's all dry, apply Shockwaves Shaping Wax with the palms of your hands to smooth over the hair and sweep the fringe across one way. Simple!"

Shockwaves Styling Steel Gel RRP £2.99, Shockwaves Shaping Wax RRP £2.99*

4. THE ITALIAN

If there's one thing our friends in Italy know, it's how to look stylish. Actually, they're not too bad at football either, their food is really nice and Italian women are stunning. Michael says: "Apply Shockwaves Curls and Waves Mousse to damp hair using your fingers – never a brush or comb! At this stage,

you can either leave the hair to dry or use a hairdryer on a low speed but high heat. Once it's dry, squeeze and scrunch in a small amount of Shockwaves Re-Create Styling Wax."

Shockwaves Curls and Waves Mousse RRP E2.49, Shockwaves Re-Create Styling Wax RRP £2.99*

5. THE ROCKER

If we're just heading out to catch up with friends, the last thing we want is to spend ages messing with our locks, so we love the Rocker look, But how to get it? Michael explains: "Apply Shockwaves Curls and Waves Mousse to damp hair and blow-dry on a high heat but low speed. When it's almost dry, put in a deep sideparting and finish with a little Shockwaves Texture Gum. Use hands and fingers to style - no brushes or combs please!"

Shockwaves Curis and Waves Mousse RRP £2.49, Shockwaves Texture Gum RRP £2.99* Shockwaves has a range of great styling products for guys, allowing you to re-style your hair all day long, create whatever look you like and adapt your hair to suit any situation. Visit www.facebook.com/shockwavesuk to get loads more great style tips and for a chance to win some fantastic free stuff! *Pricing at the sole discretion of the retailer

Nuts REAL GIRLS

BEDROOM

LAUREN 19, Norwich, cocktail waitress
"The wildest place I've done rude things was in the woods
in the middle of the afternoon — Liked taking the risk!"

The Pic She Sent us!

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Nuts GAMBLING MASTERCLASS!

Nuts man's played Bejeweled® 2 Slots online. Check out his helpful hints!

Bejeweled 2 slots top tips!

n some idle moments
(actually, most of them, for usl) you've probably played.
Befeweled in some form or another, be it on your phone or your computer. But, did you know that you could combine the top fun of this game with the chance to win a whopping ten grand? No? Great, eh? So, read on to find out about our brilliant Bejeweled 2 slots!

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- Maximize your chances of winning by playing BET MAX – that's where you bet on all 20 paylines.
 Don't forget to keep an eye on your bets, though!

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If you land three or more Free
Spin Bonus symbols you'll win
up to 50 free spins. As well as
that, before playing your spins
through you'll get a chance to
spin for a multiplier. And why's
that great? Because it means
you could find your wins
increasing that way, too!

Wheel of Riches Scatter Bonus If you land three or more Wheel of Riches symbols, you'll reveal a win multiplier that – you guessed it – multiplies your total stake! Top stuff!

Bejeweled 2 Scatter Bonus Land three or more Bejeweled 2 Scatter Bonus symbols to enter this ace bonus round. Watch the gems cascade down then, when the gems match horizontally or vertically, they explode into cash wins and make way for more falling. gems! This leads to increased payouts as more gems match! Plus, look out for hypercubes that can bring even more explosive chances to win! So start spinning those gems now and you never know - you could soon be in the money!



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BEDROOM BABES!

Vote for your favourite - and she'll star in Nuts!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 05U. Or email <u>nutsgirls@ipcmedia.com.</u> You must be at least 18 years old.

ONLY IN Nuts!

Georgie

22. Notts, make-up artist
"I've been told that my best
features are my big blue
eyes and my pert bum!"

Phillippa

23, King's Lynn, secretary
"I eat burgers, drink pints and do no exercise - but I never gain any weight!"

Leanne

24, Luton, student
"I like a guy who's a bit
rough around the edges,
to keep me on my toes!"

Megs

20, Bucks, retail assistant "To give a man a night to remember, I'd wear a dress with nothing on under it!"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of Nutsl Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her, It's as simple as that!

REAL GIRLS, REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to <u>nutsgirls@ipcmedia.com</u> or write to Real Girls UK at the address on page 56. You must be at least 18 years old.

THIS WEEK:

Name: Stephanie
Age: 23
Boobs: 32DD.
"I love 'eml"
Likes: "Cheeky
boys!"
Have you ever
kissed a girl? "Yes
- just for a dare!"
Strangest place
you've had sex?
"In a field – it was

pretty wild!" Sex tip: "Bite my light"

Goole

Stephanie's sexy guide to Goole!

The Nuts bus stops in Yorkshire!



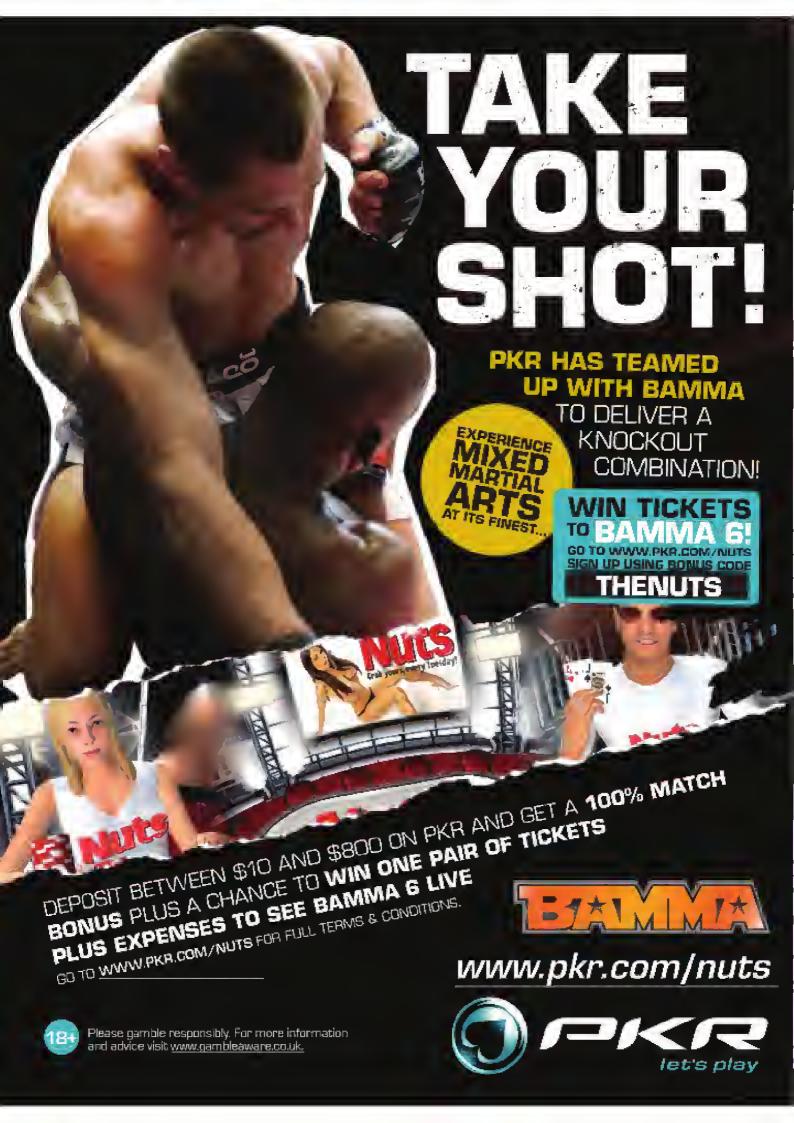
Stephanie on... home!

"We're in East Yorkshire in the middle of nowhere! The people are friendly but I have to head into Doncaster or Leeds for a big night out!"

Stephanie on... clothes!

"I like dressing up in the bedroom but, sometimes, it just makes boys laugh! I like stockings and lingerie but I'm not so sure about outfits!"









'I secretly pleasured her in bed' After a recent party, my boyfriend's friend came back to ours. and, as we only have one bed, she climbed in with me and my

man. He fell asleep quickly and I closed my eyes, too. Suddenly, I heard heavy breathing in my ear and I could feel it being licked. I kept my eyes closed and enjoyed the fingers sliding up my legand playing with me until, after a few minutes, I could feel I was about to dimax. As I quietly came, I opened my eyes to discover It wasn't my boyl'riend but his l'riend! She looked so sexy as she lay there, so I grabbed her closer and kissed her. I got incredibly turned on again as her kisses were so soft and tender, then I quietly pleasured her without my boyfriend even waking up. They're still good friends, but she's now my dirty little secret!

Lauren, Lendon

I felt tingles all over my body'

One evening, my work colleague and I were walking home. together after a night out. We were both a bit tipsy, and along

the way, she stopped and gave me a drunken kiss before slowly rubbing my thighs. At that, I felt tingles all over my body. When we reached my flat, she came in with me and through to the kitchen. I sat on the counter top

and held her ponytall, while she moved between my leas. The noises must have woken up my flatmate because soon, he walked in. The look on his face told us what was on his mind. so I gave him the go-ahead with a cheeky wink. He kissed my neck while his fingers probed. between my friend's legs. I took off his shorts to reveal his harderection. He lifted me up and sat me on top of him as I slowly. started to grind against him. My friend then climbed over me so I could pleasure her. The next morning was a bit embarrassing at work, but it was worth it!

Orla, Dublin

'She invited me to join in'

I'm at uni and live in a house with three other girls and four lads. One night, I heard one of the girls coming home with a boy. I was feeling horny, so Histened while having a little play with myself. Before long. curiosity got the better of me, so I crept out of my room and slowly opened my friend's door. She was on top, facing me and bouncing up and down. She saw me but instead of being shocked. she invited me in 1 obliged, and soon she was going down on me while he pleasured her. It felt so good that I screamed in pleasure. My other housemates spon cante out of their rooms to investigate and we've been the talk of the campus ever since!

Alex, Lancs

'We took him home with us'

Em a supermarket manager and recently, a male colleague. wanted to talk to me about a promotion, so I invited him to a nearby pub to discuss it with him after work. After a couple of drinks, my girlfriend came over on her way home. Before she sat down, she greeted me with a lingering kiss, much to the delight of my colleague. Soon, the drinks began flowing and the talk got dirty, and before long, my coileague announced. his fantasy was to sleep with two women. At the mention of this, my girll'riend and I gave each other a look and then invited him back to ours. Once there, he unxipped his jeans, and my girlfriend and I dropped to our knees and fought over who could take him in the mouth. As I worked his shaft with my tongue, my friend licked him lower down. Needless: to say, my colleague got his prontotion and now the three of us regularly enjoy our special. nights out together!

Anon, by email

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipemedia.com or to the address on page 56. The best one each week* wins £50! Come on, girls!

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Because you need something to hide those food stains!

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inspired by Glastonbury.



These guys are turning out some great clobber this season.



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Great to see Amplified moving on from the old Rolling Stones print.

> MONEY **CLOTHING £35**

Just one of Money's new T-shirt designs.



STOCKISTS: DIRTY YELVET: WARCHSTAGETHELOLUK, ADDICT: ZWARLADGETLOLUK, EASTPAK: 9845-001 (13), WORNEY: WARCHGEBETOLUK, 10 DEEP: WARCHGEBETOLUK, 10





A more cerebral answer to Call Of

Duty's brainless blockbuster, this is still up there with the shooting genre's best offerings, adding a stark and compelling story to topnotch gunplay and sparky graphics. An all-new title that deserves to be on everyone's shopping list. ***



YAKUZA 4



Another delve into the world of the Japanese mafia. Expect more

chop-socky punch-ups in a top action adventure that's the very definition of niche. ***



MOTO GP 10/11



The essential racer for two-wheel sport fans. New this

season is a tweaked handling system, 20-player online races and full download update when the Moto GP season starts. ****

APPS!



PAUL IPHONE, IPOD TOUCH, IPAD



To accompany the release of the ace Simon Pegg/Nick Frost comedy

movie, this fun app lets you
"alienise" photos of you and
your pals. * * * *

SKYSCANNER IPHONE IPOD TOUGH IPAD



If your thoughts are turning to summer hols, get this app,

sharpish! It compares over 600 airlines to find cheap flights in seconds! ***

DVDS/BLU-RAY! Beavis and Butt-Head provide an introduction to the film

JACKASS 3: THE EXPLOSIVE EXTENDED EDITION DVD & BLU-RAY CERT 18



Johnny Knoxville, Steve-O, Wee Man and the rest are back for their third instalment of wince-inducing bodily abuse. As with the first two, there's no plot, just lots of funny stunts – like the jaw-droppingly disgusting Poo Cocktail Supreme! It includes an extended edition, and the Blu-ray comes with 3D glasses – if you think you can stomach 3D! ***

LET ME IN DVD 8 BLU-RAY CERT 15



Awesome Let
The Right One In
remake. A bullied
kid befriends
a strange vampire
(Chloe Moretz from
Kick-Ass). ***

LEGACY: BLACK OPS



Idris Elba (The Wire)
stars as a Black Ops
soldier going a bit
mad after a botched
mission. Intense,
slow-burning
thriller. ***

UFC 122: MARQUARDT VS



Over five hours
of footage from
November's event,
including American
Nate Marquardt's
tussle with Japan's
Yushin Okami. ***

MUSIC!



FUNERAL FOR A FRIEND WELCOME HOME ARMAGEDDON



We dig FFAF here at Nuts, when we're feeling in the mood for big

angsty rock that probably frowns a lot, that is. ***

THE VACCINES WHAT DO



They're hyped to be the next big thing by our chums at NME, but to us, this

is just straight indie rock with the odd rousing chorus. ***



SUBMARINE CERT IS

A coming-of-age comedy set in '80s Wales and made by Richard Ayoade - the one with the crazy barnet in The IT Crowd. Fans of flicks like Rushmore will love this quirky tale. Stuck with his beardy boffin dad and an uptight.

mother, who's falling for "ninja. psychic" Paddy Considine, our hero dreams of girls and good times. Imagine a Welsh Michael Cera struggling to get laid in a seaside town while up against "c*ck-riding tw*ts". Acel ★★★★





ROUTE IRISH

The makers of Looking For Eric change tack with a brutal thriller, starring comedian John Bishop in a rare straight role. ***



British urban comedy with Adam Deacon (Kidulthood) as a wannabe gangster and musician out to try to make it big. ***





Becks a nobleman! Prince Harry linked to Dracula! Really! Read on...

he census has been lilled out by folk in England and Wales since 1801 and is a goldmine of pub ammo about famous types' past—like our sexy secretary Lon, whose granny worked at the London Rubber Company in the '50s checking condom packaging! And just check out the bonkers background of these celebrities, courtesy of Ancestry.co.uk!





n England legend he may be, but it appears the man dubbed Goldenballs by his own missus is probably related to some old nobleman. That's because genealogists believe all



bearers of the name Beckham can trace their roots back to Sir Roger de Narford, who was granted the manors of East and West Beckham in Norfolk by King Edward III way back in the 14th century. Obviously, he didn't want a poncey French-sounding name, so swapped it for Beckham, Which is good thing, cos it wouldn't have sounded the same if the commentator had said, "I don't believe it! David de Narford scores the goal that takes England all the way to the World Cup finals!"



round party girl is a Londoner through and through. Researchers have traced her family back 200 years in the capital. But she's not the first member of the family to make a living out of the fashion trade. That privilege goes to her greatgrandmother, who's listed in one census as the "mantle maker of fashionable doaks".





Robert Pattinson

repare to be spooked by this one. Pattinson, who plays blood-sucking Edward Cullen in the Twilight film series, is related to the 15th-century Romanian nutter Vlad the Impaler, who was the inspiration for the character of Dracula in Bram Stoker's 1897 novel. Researchers discovered that the pair share the unholy connection through our very own royal family. Pattinson is distant cousins with Princes William and Harry on their father's side, making Mr Impaler a distant







f we told you that Mr Joke and the President of the United States are ninth cousins, you'd laugh, right? Well, before settling in the US, Pitt's ancestors lived in Wales, Ireland and

Germany, and he's linked via the



same eighth great-grandfather, Edwin Hickman, to Barack Obama. But it doesn't stop there - he's also related to former US president George W Bush! If the acting dries up, maybe Brad should give politics a go?





the sweet-talking
American pop superstar could
trace her ancestry back to north
London? Historic marriage
records reveal that her greatgrandparents were married near
Tottenham in the English capital.

Just think - if things had turned out differently and her ancestors hadn't decided to emigrate to America, she may well have turned out to be a member of N-Dubz! And instead of shaving her head, she'd spend her spare time cheering on Spurs!





What is the census?

The census basically takes a snapshot of the nation. Every household in England and Wales receives a questionnaire asking about the job, health, education etc of every person living there, and the stats are used by the government to plan how best to run the country. After 100 years, records are made public, so websites such as Ancestry.co.uk are a great way to find out more about your past. Who knows what you

may find out - you may even be related to David Beckham!

Go to <u>nuts.co.uk/census</u> for our famous folks family tree game and a chance to win a 3D TVI





Nuts

Footy, aliens, gladiators and Essex. It's all here!



FRIDAY 18 MARCH

TODAY'S **MUST-SEE** TV PICKS



Kick-Ass

FILM Sky Movies Prem/HD, 8pm Aaron Johnson plays the kid who

decides to become a superhero in this ace action comedy. Watch out for Chloe Moretz às à show-stealing sweary hero. ★★★★★



True Blood FX/HD, 10pm

DRAMA You can keep Twilight – this is where it's at for our vampire

fix. Tonight, Jesus gets more interested in V. So entertaining, we're tempted to describe it as fang-tastic. But we won't. ★★★★★



Comic Relief

COMEDY BBC1/HD, 11.05pm The charity gag-fest cranks

things up a bit. Highlights include a special I'm Alan Partridge episode and a rude road trip with The Inbetweeners. Ace! ***

one

6.00em Breakfast 9.15 Heli Humers 10.00 Homes Under the Hammer 11.00 Britain's Empty Harnes \$1. 30 Cash in the Atric 12.15pm Bargain Hunt 1.00 BBC News, Westing 1,30 Regional News, Weather 1,45 Doctors 2,15. Escape to the Country: Preparate in Witshire, 3.00 BBC News, Westher, Regional News 2.05 CERCA.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebles 7.00 CBBC 8.30 (Earthigs 11,35 Mgc/let Manor/R) 12.00neon Daily Politics 12.30pm GMT with George Alagiah 7.00 Diagnosis Munder (R) 1,45 To Buy et Not to Buy 2.30 Restoration Roadshow [R] 3.00 Flogith Ten of the Rest: Warting Page, 3.45. Holimater Haross (R14, 96) Pointiess 5.55 Put Your Money Where Your Mouth is 8:00 Egghead: (K) 6:30 Pargel Upstains Downstains

5.30 m ITV News 6.00 Daybeak 8.30 I printing 9.25 The Janeary Kyle Show 10.30 This Morning 12.30pm lanseWomen 1.36 ITV News 1.55 Regional News, Weather 2.00 House GTt 2.00 The Man Tilchmarsh Show 4.00 Midsomer Murdeus / R15.00 The Chase(R) **6.00** Regional News, Weather & 30 ITY News



6.00am The Treade People (Rt. 4.101.hg Hooks (R) 7.00 Freshly Squeezed 7.30 Every body Leves Paymond (F) 7.55 Fusier [R] 8.30 11 The Marring Line 9.30 According to Jim (R) 10.00 The BoodWife(R)10.55 GeVs Clothes Readshow(R) 12.00moon News 12.05 pm River Cottage Bites (R) 12.25 Chellenham Festwal 4.15 Dealor No Deal 5.00 Come Dinewith Mr 5.30 Coath hip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milishake! 9.15 The Wright Staff 11:05 Colin and Justin's How Hallo Decorate (R) **12.66m**oon Meals in Maments (?). 12.10pm 5NewsLunchtme 12.20 House (Pht.15 Home and Avery 1,45 Reichbours 2,45 The Vanessa Show 3.10 total Jeniler Eagl (used) medical drama staming Laura San Gistorna 5,00 S Nevs at 5, Weather 5.30 Neighbours (#) 6.00 Home and Away [R] 6.25 DK! TV

7.00 5 News at 7

starting stalls, (R)

7.30 Vels in Action

Aracehorse is hightened of the

8.00 ice Road Truckers

Alex Oebogors & helps a man

injured in a mad accident.

900 The Mentalist

10.00 Law & Order

An actor wearing blood-stained

clothing's arrested for drink drining.

munter of a like-maker.

Liston and Rigsby examine the

More sliegery driving lant lanight,

7pm The Simpsons Mr Pums decides In rommit. suicide and jumps of facility but survived (BKHD)

7.30 The Simpsons Home Land Marge are accused. of being bad parents, IRI

8.00 Futurama First-ever opisode of the acesci-Danimation series. (RigHD)

9.00 Road Wars Crime-cracking antics (P((HD))

10.00 Louie Sperice's Showbusiness Aamh! (BXHIII)

11.00 Live to Dance American rension of Got la Decres, No. No. No. no. not (R)(H0)

12.00m1 Final Approach Hijadodrama with Dean Cain and William Foreythe. (P)(HD)

7.00 Comic Relief 2011

Yes, It's that time of year again when everyone sticks on a big red hooter. and goes around throwing custaid. ples in perfect strangers faces. Something life that, amyway. Included in this section of the proceedings is a special edition. al distrombered starring grumpy tennis player Andy Murray, and a lun-shed episode of Doctor Who For the trebruit missable stuff, though, you'll have to check back in after the news, which is conting...

10.30 News, Weather

11.05 Comic Relief 2011

event and filhold like being

a conking couple of hours. After

Cornedwoold the pair of emit

Participation and Title Informations (

The theil past of the chartry

7.00 Britain By Bike

Pedalling pants with Clare Baking, who this week tours Yorkshire.(R)

7.30 An Island Parish It Julin Paultries Iniminate his skills in the kitchen. Er, m growave?

800 Mastermind The third semi-final. If the gesting ludicrously-swotty by new.

8.30 Gardeners' World

9.00 African Rajiway

10.00 Great British Railway Journeys

Blackgood and Morecambe Bay. Ethic trains aren't conceiled. [R]

10.30 Comic Relief 2011

11.05 Newsnight

11.40 The National Lottery Friday Night Draws

11.50-2.15am ICC Cricket **World Cup Highlights** heland is Netherlands and Hew Fealandus Stittanks

12.50-2.15am Murder in Mind

The life standing Alige! Hawthorne and Mary Louise Parker. 7.00 Emmerdale

Some people eigue with some other people. The same as ever, then,

7.30 Coronation Street in case you hadn't noticed this is an

hour-lang colsode. Probably a good. idea to Ilickto Shy1, in otherwords.

8.30 Die Another Day

007's globe trelling oursuit ut a North Kossan terrorist leads him. into encounters with a shado h limnaire husingsman and an enformatic American sov.

10.00 ITV News, Weather

10.35 Die Another Day

the last bit of the final outing for Pierce Bostoanus Bond, but he did get to hang out with Halle Berry and drive an invisible cause he's not getting too much plour sympathy.

11.30 Take Me Out

A farmeç a magican, a sales adviser and a finance massages try to ancress 30 single women. We reckon the manicien might just prove a bigger draw than the Entance Dianager, sometrow.(R)

12.40am The Zone

7.00 News

7.20 Channel 4 Racing Another clarite to see this afternoon's top-notchinag-renning in the Chellerham Guid Cup.

7.25 4thought.tv Ramblingsabout religion.

7.30 Planning Outlaws Three individual struggles against

planning regulation away.

8.00 Relocation: Phil Down Under

Ph I Spencer outs to more hard. yakka hunting ky properties on the Sunshine Const, Queensland. (B)

9.00 l, Robot

Time /r. maverick cop Investigates. when a robot gets followed for the death of a scientist. Oh, yeah - that's it always himme the mixt.

11.10 Rude Tube: **Ultimate Champions**

A look at more notby champions of the online universe, (fig.

12.10am 10 O'Clock Live Light-hearted current of lairs with David Mitchell, Jimmy Carr, Charles Brucker and Lauren Laverne. (R)

10.55 NCIS

Theteaminageigate the marder plattery pilot (F)

11.55 Cops in Crisis Stressed-out roos speak out, IRS

12.15am SuperCasino

SPORT

Ire and vs Notherlands, Sky Sports 1 49, 2000 Golf, Sky Sports 2. 12 moon New Zeulander, Sr Lanka, Sky Sports 1. Toope Golf, Sky Sports 2. v.a Huddersfie d Gants vs W gan Cresterfield vs Rotherrom, Sky Sports 2. John Bangladesh vs South Alnov, Sky Sports 1.

1.00am Corric Reliai 2011: Habliahls, 2,35-8-00em News 2.40 in Plain Sight Oratio. (R) 3,30-5,30km (TV Nightscreen

1.10 Cheltenham Festival 1.40 Music 1.55 (TRL MX 2.24) My Name & Earl 3.05 Modern Tuss 3.30 Wilhout a learn 4.15-5.50am Title Geritie man's Agreement

4.05 Motorspini Mundial: High-speed action 4,30 Animal Retrue Souad (764, 45 Nid/s Questifits.4000TdHe SOS(6) 5.35-6.00am House Doctor (R)

NutsTV

19 MARCH SATURDAY



Spurs vs West Ham

SPORT Sky Sports 1/HD, 12.30pm It's a right tasty London dust-up between 'Arry's boys and a bunch of East End goezers battling to stay in the league. Luváduck, this should be a pearler! ****



Boardwalk Empire

DRAMA Sky Atlantic/HD, 9pm The brill drama continues with Jimmy returning to work for Nucky again, which is news to him. Elsewhere, Mme Jeunet pleads for a favour from Märgäret. Quality! ★★★★



UFC 128 ESPN/HD, 2am

SPORT Another night of top, octagon-based bone-busting, this time from New Jersey as Brazilian Mauricio Rua defends his light heavyweight title against American Jon Jones, Fililightl ★★★★★

7pm The Simpsons

Homer takes destinaction

when he receives a huge

electricity hill. We've all

beenthere (RYHD)

7.30 Futurama

8.00 Oops TV

8.30 Futurama

9.00 The Time

Machine

The Enthians of Hudy. (8)

More people slip on er banana skins. The hilaring (RXHD)

Fry's nose is stolen by allens.(R)

A 19th-century scientist

trevelling through time encounters a territying future.

The next level nors on BBC2

would represent a temble

10.50 Road Wars

Acarthiel causes chaos in

11.50 Road Wars

12.50am **Final**

Hijagè drama.(R)(HD)

Approach

Olimichasing artiles.(F)(H0)

future for os. (HD)

Tomesanc (FOHE)

one

6am: Breakfast 10.00 Salunday Ritghen Live 11, 36 Raymond Elang's Kilchen Secrets [R] 12.00noon BBC News, Regional News, Weather 12.15 pm Football Focus 1.00 A Operation of Sport (R) 1.30 Outlake TV: Rt 2.00 PR-15 x Historis Runjay Union: Scotland is Dally form. Muraylield, kist-alf2.30pm. 4.30 Use Six Nations Bunks Union:

6am CBeebies 7.00 CBBC 12.05pm Dingnosis Murder (Pó. 12,50 EEE The Man from Lavarries Western starting Januar Stewart 2.30 lato the West (R) 4.00 Churches: Hearto Read Them (R) 4.30 TECH Final Score: Did Stey win? And out here 5.15 Priceles Antiques Roadshow (POS. 45 Escape to the Country (R) 6.30 Floor (E) (R)

5.30am (TV News 8.00 CTV 9. 25 Comparion Street 11, 45 This Morning Saturday 12.45pm Monk 1.40 LTV News, Westings 1.45 You've Been Framed! [R] 2.15 DE Coc Hellywood Comenly staming Michael J Fox 4.15 DE Even Almighty: Fantasy comedy sequel starting Sleve Carell, 5.55 Regional News, Weather 6.05 ITV News 6.20 New You're Been Framed! 6.50 Harry Hills TVBuro.

6.10am/Sali Mali (% 6.15 The Hodes (R) 2.05 The Imple and field Show (it) 7. 30 157-10 The Grid 7.55 Even The Morning Line 8.50 T4. Friends (P) 9.25 4 Music Envourbes 9.55 The Beckharrs: Ren' Sipries (R) 10.55 Giee 11.55 Great Brifish Hairglesser 12.55pm Inc. Big Bang Theory (R) 1.50 10 Charmel 4 Raying 3.50 The Secret Supper Club 4.20 Come Direwith Me Entra Portions (FQ 6.25 Political Sint a. 30 News a. 55 4th reight to

6em Mikshake! 10.80 The lamiy League Highlights 11.10 The Endget Show(F) 12.10pm to Rand Truckers (kj 1.45 EC) Jane Doer How to Fire Your Boys, Gring dynma. staming Lea Thompson, 2,55 (C) Mona Lisa Smile Povied disease staming Julia Roberts 5.05 ETC White You Were Steeping Remortic comedy starring Sandra Bullock

Nelend'rs England, hak ali Spra.

7.15 News, Regional

1885 The annual egg-chading

extravaganea wraps up with the

duskup between France and Wales

News, Weather

7.30 Slx Nations

In Paris, Nick off 7,45pm

10.00The National

Lottery Saturday Night Draws

Jeffri Fälluner presents luts of

exiting sounding draws like

Thunderball and Lotto Plus 5. You

may win a tenner. Hyoure fucio.

10:10 News, Weather

10.30 Match of the Day

The best hits of molecus

including Man United vs Bolton

Premier League ballfeeling.

and Spursos the Hammers.

11.50The Football

Smith carer league onlo busting, including the

Championship tussie between

Mitwalland Cardiffat the New Den.

League Show

Rugby Union

7.30 Dad's Army

More from the winkly pictoon. One for your parents. (R)

8.00 The Art of Tommy Cooper

Documentary about the I fe and work of the less lad contedien.(R)

8.30 The Story of Variety with Michael Grade

The popularity of variety shows to the post-waryears Trustus, it's not going to get much better here until really late on. Change channels!

9.30 Christopher and His Kind

Period drama. Enough said.

11.00 The Tudors

Landy King Henry's pleasure at the condusion of the siege of Bonkgne provesshart-lived.

11.50 ICC Cricket **World Cup Highlights**

Stump scattering between Bandladesh and South Alinca and Austrália y Pahistan, Epol!

12 50am **ORA** compton while Investigating the suspicious death of a drug dealer.

7.20 Ant & Dec's Push the Button

Two families compete lar cash

8.35 Take Me Out

Amiathiele, o property developer, a sales executive and an electrician aut their heads above the parapet.

10.05 Casino Royale

III James Bond oursues an international criminal responsible for financing tempdat organisations. across the world. The cheeky scamp. Es Daniel Craio's first out no as. Bend, and it's pretty ace, too.

11.20 ITV News, Weather

11.35 Casino Royale

ine final part of the Bond action thrilly staming Daniel Craig. BraiGreen landed the role as Bond girl. Lucky old Daniel Craig.

12.55am The Zone

7,00 River Cottage Every Day

With the UK eating less foult than almost any other country in Europe, Hugh Feamley Whittingstall tries to fellus il's greet Spoilsport (R)

8.00 Seven Ages of Britain

The third age of Birtain, Irom 43 to 430AD. Blimby, that syon's agold?

9.05 The Happening

50 Sti-Athrille chath director M Night Shyamalan. It's one of the tilms afterhe went a bit rubbish. though, so don't expert it to be amithing ase, it leacher and his wife try to find reluge during a bizane outbreak of mass suicides.

10.50 Stand Un for the Week

Live at the Apollo meets stook the Weeklm more tonical bunds in frontel a live audience, with Seams Walsh, Jack Whitehall and Rich Hall.

11.45 Kalifornia

unwiltingly trevelators America with a murderer and his lover. Oups!

Region | R| 10.05 Pro Till ITA Emisso

7.10 5 News Weekend

715 NOIS

A munder image für affühl drieves romal cated IncMrGee.(R).

B.05 C5h: Grissom's Greatest

High-level brown urrowing abounds. when the battered corpse of a women 'sfound in the desert.(R)

9.05 CSI: NV

Evidence from a murder scene leads to a man from Flack's past.

10.05 CSI: Miami

The team investigate the deaths of three arms smugglers killed by an efectionic waper weapon. [R]

11.05 CSI: Crime Scene Investigation

Warrick and Mick examine the weind death of a motorist. (R)

L. J. Sm. Super Carrie

Sports 2. Are lind and West Indies. Sky Sports 2. Inn Sunderland vs 1 verpool. 5 Sports 1. Man Chy Sky Sports 1, 6 30 cm. Spanish Frintaal, Sky Sports 1.

1, Svy Sports 2, 4, 45pm

Faretonius F. Jhym, F. **SPN. 22m.** Mashan (JFC) 138, ESPN.

For A writer and a photographer

4.00 Tour Spoil(R) 4.05 How Not to Decorate (R) 4.50. 5.00am Weals in Muments IIII

1.15-6am ERC News.

3 60-Aam Pirke

1.00 Swingtown: Oxons. (R) 3,45-5,30am ITVN ghistreen

1.55cm ZVI Meindaand Melirida Woody Allen cornedy drama 3.35 Privleged (R) 4.20 Privileged (R) 5,05-5,55am Resper[R]

SUNDAY 20 MARCH



Chelsea vs Man City

SPORT Sky Sports 1/HD, 3.30pm
Ancelotti's men welcome City,

with both sides desperate to pick up points and secure a spot in the top four. With Spurs pushing hard, this is a huge game! ****



Death Race Channel 5, 9pm

FILM Silly-but-enjoyable action nonsense with Jason Statham as a racing driver who's wrongly incarcerated in a future prison, where lags are forced into deadly carraces for the public's pleasure. ***



TODAY'S

MUST-SEE

The Only Way Is

Essex ITV2, 10pm

REALITY The mad, OTT, guilty-pleasure reality show is back – which means hotties galore! ★★★★

one

Sam Breakfast 7.35 March March of the Day (R) 9:00 The Andrew Marr. Show 10,00 The Big Questions 11.00 (cunity Imaks 12.00moon The Politics Show 1 pm EastEnders 2.35 Weakest Link Charlested by Anne Robinson, 3,20 Bargain Hunt 3.50 Escape in the Country (R) 4.50 Bieline 5.00 Songsof Praise 5.35 EBCNews, Regional News, Weather 6.00 Nigel Stater's Simple Suppers [R] 6.30 The Bush That Guy Built [R]

6am (Beebles 7.00 (BEC 10.00 Samething for the Weekend \$1.30 Film 2011 with Claudia Wirkleman (F) 12.00mgan Diagnos's Murder (6) 12.45pm (TC) The Life and Devrin of Colonel Wirep: Satisfed drama staming Moder Livesey, 3.20 The Red Shoes Ballet charact starring Motra Shearer, 5.30 The Snice Tra 14R14.30 MotoGP the Datar Grand Prinat the Losal International Circuitio Daha.

5,30am JIVNews 6,00 CTV 9,25 Marchy Best House Win (E) 10.25 House Gift (fó 11.30 This Morning. Sunday 12.30pm Dinner Date [R] 1. 25 ff V News, Weather 1.35 ff ... Columba: By Dawn's Early Light: Mystery, 3,35 Midsomer Murders (P) 5.35 Regional News, Weather 5.50 TV News 6.50 Harry Hills TV Buro (R) **6.40** Dang ng po lgg

5.55am Sali Mel (Pt-6.00 The Ingade People (R) 5.10 The Hooks (R) 7.00 Will FIS Freestyle World St Championships 7.25 (See First) ParalympicShow-[R] 7.55 T4 Friends (R) 8.50 Hollywals, 11,261 Friends (R) 11.50 Glee (R) 12.50pm The Simpsons [R] 2.00 Four in a Red. (K) €.30 Deal or No Deal 5.30 Time Team 6.30 News 6.55 4thought tv

6om Mikshake! 10:00 Camila Kerslake Live 10.30 Starlight: Fer the Children (R) 11:00 Starsted. The Inside Story (R) 12.00noon Cowboy Builders (R) 1 pm Cowboy Builders (R) 2.00 East Bond Aley. Advertors staming John Mayne, 4,15 S News Weekend 4. 2003 He Highters Adventive starting John Wayne. 6.40 mm Steath Arrigorthniker stamno Josh Lucas and Jessea Bed.

7.00 Futurama First ever episode of the topisch filanimation series, (RVHD)

7.30 Futurama Frygnes on his first trip to the mpan.(F(IHD)

8.00 The Simpsons Andumnist writes a series of steries about Grampa_[R*/;HD/;

8.30 The Simpsons Humangaes undercover to min the trust of Fail Torry (F)(HD)

9.00 Hawaii Five O More silliness in the sun. Cenno's Increer partner is murdered, 4H02

10.00 NCIS: Los Angeles Cellen and Sam in Filtrate a gange/comupt tops.(#0)

11.00 House The gruinpy medic questions his life and career (RMHD)

12.00m1 Road Wars Officers arrest a drug dealer in that noterious melting poll of trime, er, Aylesbury? (FigHt)

7.00 Countryfile

Adia Bradbury and Jules Hudson visit the take Vymwy Estate In-Powrs. We can't pronounce it either.

8.00 Antiques Roadshow Winkly, grey halred types get all excited about trickets.

9.00 Waking the Dead Amissing woman is found brutally

murderédin a burné un ran. 10.00 News, Regional News, Weather

10.25 Comic Relief Highlights 2011

11.25 Stand Up for Comic Relief

Three broadcasters by in become stand-up corredians. Emphasis very much on the "try to" part,

11.55 Reggle Perrin The success of the new product range lowes Reggie with a difficult dedision to make. (F)

12.25am Reggie Perrin The Penins dealwith the revolution of Nicola's affa a (R)

12.55 Lead Balloon Catch this while you're waiting for the new series to start in May. (P) 800 Top Gear

Jezzu, the Hantsfer and Capitain Slowtest-drive rars in Roman a (R)

9.00 Wonders of the Universe

Abelfin looks at how graylly influences events across the universe. Cleverold gravity, eh?

10.00 Match of the Day 2 To The lead at the day's too flight footy, including, Chelsea vs Man. City and Sunderland vs Everpool.

11.00 ICC Cricket World Cup Highlights

the day's leather bashing between Kerya and Zimbahwe and Indians West Indies

12.00m't MotoGP

किन्ना Sightly mutty blokes risk their kne ecaps gang round comers in the Dalan Grand Prix in Duba - the opening race of the season. (R)

8.30 Duran Duran: One Night Only

The pidle band celebrate 30 years in the trucid industry. With a trice cusof tea and some buns, probably,

9.30 Dancing on Ice: The Skate Off

More celebs with two left, eciskates are diven a well-earned boot.

10.00 ITV News, Weather

10:15 Leah's Dream The story of a stine year old who suffers from dementia (R)

11.15 Anglo-Weish Cup Rugby Union

🛮 Paanut hugging action with bightights of the final of Franklin's Gardens, Nurthamoton,

12.10am The Zone

7,00 Come Dine with Me

Found oner party hosts complain abouteach other's cooking to the Warwickshire town of Nunestana

8.00 Civilization: Is the West History?

The contrasting fortunes of North and South America

900 Country House Rescue

An 18th-century Deorgian mansion In south-west Soutland that could probably do with knocking down.

10.00 Shooter

FET Atomer Marine sniperframed lor the assassination of an African. archlished fights to proce his innocence, Mark Wahlberg stars.

12.25am The NME Awards 2011

Angelos Epithemi ou hosts the topnotch geremony, with huns Argade Fire, PJ Harvey, and the Foo Fighters. amung others. Ace MRI

9.00 Death Race

188 big budgernerwise of the 1907) Bridging Doort Room AND stanting Jason Statingmand Jean After This terpristly good, too, in a dight trind of york, Switch yours broke office or the late of the late

11.10 Knock Off

It's Channel 5, it's 5, inday right and - you guessed it!- It's another Jean Chude Van Damme actioner. Allashion. designerjoins up with a Clinagent to hy and slop terrorists gelting theirhands on microsuppid hombs.



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on our official page.

1.30 Sign Zone, Facks on Fiction (FQ) 2.30 Helby City [R] 3.30 Remancing the Stone: The Golden Ages of British Sculpture (Pf 4.30-6em BBC News

1.30 My The Blue Tower. Lowbudget romantic finiter starting Abhin Galeya, 1.00 BBC News 4.30-Sam Face The Super League Show

2.00 Fig lander Schlatton theilarstoring Christopher Lambert. 4.00-5.20em DV Nightsoren

1.45 The Strangest Note in Britain (R) 3.40 The Family (R) 3.50 Without a Trace (R) 4, 35 Respe-Cornecty (10) 5-25-5,55am Wogan's Perfect Recall(E)

tam SugerÇasino 4.00 300 Year Sport (R) 4.05-4.50am. Hear Not In Decorate IRI

facebook.com/nuts.magazine

NutsTV

21 MARCH MONDAY



Ross Kemp: Extreme World sky1/HD, 9pm

The series ends with a look at modern-day human trafficking. But where? The UK, incredibly! ★★★★★



Spartacus: Gods Of The Arena sky1/HD, 10pm

DRAMA & clear attempt to outdo Blood & Sand for nudity, sex and gore. And that's why we'll be watching! ★★★★



The Event

DRAMA Channel 4/HD, 11.05pm (t's good to have this back on our screens! President Martinez reasserts his authority, while Sophia learns more details of Thomas' murderous rampage. ***

one

6am (Beeb'es 7.60 (BBC 8.30) (Bookies 11,35 Morriset Marter (N) 12.00ncon Daily Politics 12.20pm GMI with George Alagiah 1.00 Dagnosis Murder (8) 1.45 To Buyor Netto Buy 2,30 Restoration. Poadshow (R) 3/00 Hog III 3/45 Helicopter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth is 6.00 Enghands (P) 6.30 Royal Destairs Downstairs

5.30am (TV News 6.00 Devbreak 8,30 ligrating 9,25 The Jorgany Kye Show to .30 This Morning 12.30pm LosselVomen 1.30 ITV News 1.55 Regional News 2,00 TTE 60 Minute Makeover 3.00 The Man Tichmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase & on Peningal News, Weather 6.30 ITV News



5,55am Yu Gabba Cabba! (1) 8, 20 The Hooks(H) 2.10 Freshly Squeezed 7.40 Everybody Loves Paymond (ft) 8.05 Farsier (R) 8.35 Friends (R) 9.05 Supernanny USA 10:00 The Good Wife(R) 10.55 Relocation, Relogation (Fig 12.00 noon News 12.65pm Fre JVBook Club 12.30. Antonna Raidars: Mestern 2.10 Content School 3.40 Countdown 3.55 Dealor No Deal 5/04 Come Dinewith Me5.30 Coarli Trip 6.00 The 5 mpsons (R) & .30 Hollycaks

dem Mikshakel 9.65 The Wright Stuff 11.05 Coerboy Builders R. 12.00moon Mea's in Momenta (K) 12.10pm 5 News Lunghtime 12.20 House [R] 1.15 Home and Away 1.45 Reighbours 2.15 The Vanezon Show 3,05 The Lamity Recipe (R) 3.15 EDD leg: Countdown to D Day. Historical drama staming form Selferik, 5.00 5 Newsat 5, Wenther 5.30 Neighbours [R] 5.00 Home

Sam Breakfast 9.15 Heir Humlers 10.06 Homes Under the Hammer 11,00 Britain's Errety Homes 11,30 Cash in the Altir, 12.15 p.m Bangain. Hunt 1.00 BBCNews, Weather 1.30 Regional News, Westner 1,45 Doctors 2.15 Escape lothe Country 3.00 BBC News, Weather, Regional News 3.05 LBBC 5.15 Weakest Line: General browledge genz. **6.00** BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show Eine topical jibber jehber.

7.30 Bang Goes the Theory

What makes things stidy, it, glue?

Lauren becomes Increasingly frantic. We'know how she feets Where have we left the remote?

8.30 The Blg Squeeze: Panorama

How househelds are allested by the current francials twat on, Badly, would be our guess.

900 Waking the Dead Peter Broading admits he was part

al Fenchurch's corrupt regime.

1000 News, Weather

10.35 Mrs Brown's Boys Aromedy: One we don't care about.

11,05 Late Kick Off

FROM Around-up of the weekend's lower lengue footyraction.

11.35 A Bronx Tale

nuv Coming-ologe dramaabout an Italian American boy growing up in the Branc during the You.

7.00 Nicolas Sarkozy: President Bling Bling?

The French president's decline in popularity. Well, it can't be because al hismissus Carla Bruni, She'shail

8.00 University Challenge

Passo terrifies more souddy students into all sweeing questions i or recitly.

8.30 Raymond Blanc's Kitchen Secrets

The ponceychel shares his lave of maked and preserved meaks.

9.00 The Secret War on Terror

The use of drone aircraft to target suspected terrorists.

10:00 Never Mind the Buzzrocks

Jack Whitehall goest hosts the nutty comedymusic quiz. (R)

10.30 Newsnight

11.20 Cabaset

ISEN Old e. multi-Oscar-winning the sice senting cas winned to singerworking in 30s Berlin.

1.20am An Island Parish, Dull

4.00-tam BSC learning Zune

documentary. (P) 1.50 BBC News

7.00 Emmerdale

Lainefuses to innest in the pub. The man's riearlemed.

7.30 Coronation Street

Bechygoes on à drunken rampe ge. On the superstrength Newton and Edleyagain, Bedry?

8.00 The Lakes

Rob Rose comes to a decision about his smallest Peter of micro-pigs. The suspense (sleffing us.

8.30 Coronation Street More stresson the street.

9.00 Law & Order: UK A pregnant dector is found beaten to

death in a hospital car park.

10.00 ITV News, Weather

10.35 Real Crime with Mark Austin: Yvonne Fletcher-Justice Betrayed

Evidence to do with the killing of the policeofficerin 1984. (R)

11.35 River Monsters

Jeremy Wadetracks down a snakehead lish, It can appearently kill served becalf, a tribland on

fand, Oh, and It's known as the "Jack the Placer' of fish. So, amyone want one as a pel, then? Us neither, (R).

12.35am The Zone

2.35 Per II LEM Champions League Weekly 3.05 The Jeremy Kyle Show, Shouty share IRO 3.55-5,30am ITV Nightscreen

7.00 News

7.55 4thought.tv

8.00 Dispatches: Train Journeys from Hell A show about high ticket or less,

eventrowded temboes and cancellations. Might be worth checking out, il goulle not still sturb on one trying logal home.

900 One Born **Every Minute**

A couple away the armal-of their lifthson. Birmey - they've been Seeplog busy, haven't they?

10.00 Heston's Chocolate Factory Feast

Dishes that remind Hesta Blumenthal of the &0s.(F)

11.05 The Brent

Confining bit describe

12:05am **Music on 4**: Russian Standard **Originals Presents**

A performance by Plan B.(Ft) 12.35 4Play: Diagram

12.50 European Poker Tour

of the Hourt

Action from Barnelona, deaturing Noah Booken

1.45 Rome Wash's Built in a Day 1.20am SuperCasino 4:05 The 2.35 Royal Depths and Diseases FRI Files (10) 41, 55 Animal Bearing Squad IRIS.10 Whatlife SQS(R) 3.30 Codex 4.25 The Bible: A History 5,20 Chrono-Regambulator 5.35-6am House Doctor (R)

5.35-Aare Woodn's Perfect Recall

andAway[R] 6.25 DOTV

7.005 News at 7

7.30 How Do They Do It?

Robert Llewellyn finds out how some of the world's largest umaellers are manufactured.

8.00 The Gadget Show

Jason Bradhury tries to break a landspeed-record using a jet-powered skateboard. This issure to end badly.

9.00 Romeo Must Die

Martalansthrillerstanling Sel Lland and Isalah Washington.

11.20 Death Race through seed this last night.

here's your chance to catch it again now. An innocent extracing driver is banged up on Terminal Island and forced to compete in the prison's dentity Death Rage, Mastyl

7pm The Simpsons Homer's sentenced in tenyears in prison (fi)

7.30 The Simpsons Skinner and Mrs Kraisappeliget engaged. (R)

8.00 Road Wars

DegActiminal is pursued on foot down a dark lane. (R)

9.00 Ross Kemp: Extreme World

Fig. opening account of butten halficking. [HS]

10.00 Spartacus: Gods of the Arena

Property Peducifu Saviabat Blood and Sand, Expect nakedness, And lots of it! (HD)

11.15 Extraordinary Mnesses

Womenwhosullemenslant physical argusal Hecki IBI

12.15am dorder Invasion USA

The work of Arlaona's elite police units. (R)(HO)

Chist, ESPIN. **5.15pm** Bea

Soziev, Bardeloha va A/, Milan ESPN, 6, 30 per Beach Societ, ESPN, 7, 30 per Soulish Cup Football, Sky Sporis 1, 7, 30 per Greynound Paring, Sky Spects 2. Beach Somer ESPN.

1.30am SighZone Silk(R) 2.30 Romanding the Stone: The Go'den Apes of British Seulator: IRI 3.30 Lile in a Cottoge Garden with Caro Klein [R] 4.00-6am BBC News

TUESDAY 22 MARCH



The Cleveland Show

COMEDY E4/HD, 10pm Cleveland gets courtside tickets for a basketball game, but gets the players' hackles up by heckling. Rollo, meanwhile, befriends a dwarf! ★★★★



White Van Man

COMEDY BBC3, 10.30pm
Promising new sitcom with

Will Mellor from Two Pints Of Lager... as a wannabe chef who takes over the family's. handyman business. Worth a look. ★★★★



Treme Sky Atlantic/HD, 11pm

TODAY'S

MUST-SEE

From the people who gave us The Wire, the series about

rebuilding in the aftermath of Hurricane Katrina continues, starring many familiar faces from The Wire itself. ★★★★

one

6am Breakfast 9.15 Heit Hunters 10.00 Homes Under the Hammer 11.00 Britain's Emphy Hames 11.30 Cash in the Attir 12.15pm Engain. Hunt 1,00 BBC News, Weather 1,30 Regional Years, Worther 1.45 Dectors 2.55 Escape to the Country 3:00 ESCNews, Westner, Regional News 3.05 FRRES 15 Weskest Link & OR EBC News, Westner & 20 People of News Programmes, Weather

7.00 The One Show

More misery at the market stell.

Martha refuses to accept an easy

virtury during a prosecution case.

10.00 News, Weather

10.35 Neighbourhood

Ahameless man moves into his

elderly grandmother's home-

7.30 EastEnders

8.00 Holby City

And speaking of misery...

Dive neltering

9.00 Sitte

Watched

11 20 Jobless

See Hear

Prince Harris (R)

Prople on the dole, IR:

12.25am Sign Zone:

Abmss player egalls performing for

12.55 Human Planet

Jaw dropping series. This looks at

how nature has adapted to life in

1.55 When Teenage Meets Old

Age(R)2, 55 New Novelists: 12

3.55-6am RRC News

ulthe Best from the Culture Show (R)

urban environments (E)

61m (Beebles 7.00 (BBC 8.30) (Earthigs 11,35 Mgc/let Manor/R) 12.00neon Daily Politics 12.30pm GMT with George Alagiah 7.00 Diagnosis Munder (R) 1.45 To Buyer Kot to Buy 2,30 Restouction Roadshew [R] 3.00 Flogill 3.45 Relicenter Heroes [R] 4.36 Point less 5.15 Put Your Money Where Your Mouth is 6.06 Engineer(s)(R) 6.30 Royal Llosta is Downsta is

5.30em JIVNews 6.00 Daybreak 8.30 lemning 9.25 The Jensmy Kyle. Shore 10.30 This Morning 12.30pm Loose Warren 1.36 ITV News 1.55 Regional News 2.00 60 M nute Makeover 3.60 The Alan Titchmarsh

Show \$200 Midsomer Murders (Rt.

5.00 The Chase 4.00 Regional

News, Weather 6.30 ITY News.

7.00 Emmerdale

Your daily do kop of cumbine

harvester related codewalloo.

7.30 Grime fighters

of thess to dear up afterwards

8.00 Lion Country

of the sub-confinent.

London's Chinelewh telebrates the

Year pithe Rabbit, leading to loads

More fun with the big luny things

9.00 Caroline Quentin: A

Passage Through India

The actress maches the southern to

6em Yu Gabba Gapbal (Kr6.25 The Hooks (Rúžiuš Firskly Squrezed) 7.40 Everybody Loves Raymond (II) 8.05 Fresic: (R| 8.35 Friends (R) 9.05 Supernanny 1.5/110.00 Orothers & Sisters 16.55 A Plage in the Surc Home or Away [F] 12.00mggr News 12.05mm [FE] Decation Amsterdam 2.65 Cookery School 2.16 Countdown 3.55 Dealor No Deal 5.00 Come Dinewith Mr. 5.30 Coach hip 6.00 The Simpsons [R] 6.30 Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Supersize vs

Superskinny Kids

9.00 Katie: My

Resettiful Friends

Kidswith cruddy diets.

including a 17-state-benaged

Katie Pipersels ootto heip

10.00 Lify Allen: From Riches to Rags

take a break from must.

people I ving with distigurements.

The singerexplains her decision to

6em Wikshake! 9.15 The Wright Stoff 11.65 Cowbry Builders (R) 12.00noon Meals in Moments (K) 12.10pm 5News Lungatine \$2.20 House [R] \$.45 Home and Anary 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family: Recipe | R | 3,15 Lat. Heart plan Stranger: Melodrama stanling Jace Seventure 5, 00 5 News at 5. Weather 5.30 Heighbours (Hj.6.406 Home and Away (R) 6.25 DOTV

7pm The Simpsons Marge tries to halt a comparign. against children.(X)

7.30 The Simpsons Homes strikes up a triendship. with Chief Wiggum.(F((HD))

R 00 Live to Dance American version of faiths Dence, Gives us headache just thinking shout it.(R)

9.00 The Time Machine

Ascimilist hereling through time to the gether course of his/ory encountersa terriving luture, Well, the will insist on messing with stull he doesn't large....(HD)

Copses they tack to street crime amund Wales, (R)

1150 Border police un ts. 相例的)

12,50am Border

7.00 5 News at 7

7.30 Extraordinary Dogs Theways in which dogs help people.

including two barderculies that chase blids from an airport runway. They're not during that to help us! They just like chasing end

9.00 Tutankhamum The Mystery Revealed The Egyptian pharach's early years. Blitter, that's going back a bit!!(R)

An Internet hose is linked to the murder of a prostfule.

10.00 CSI: Miami Popstar Phoebe Michals reportedly burns to death on stage. (F)

10.50 Brit Cops: Frontline Crime UK

Invasion USA The mark of Artzona's effe

Invasion USA As above: Qoviously, [R](HD]

11.05 The Big C

Cathyand Sean go to see their dad.

12.15am UK & Ireland

Card-laying antics leaturing

name vaguely threatening-lucking blokes wearing shades.

11.45 School of Comedy Adolescent comics presentaneit take on the eduhworld. Not bad.

11.55 CSL Ahouse sale nums inten murder: nguiry:

12.55am Super Casino

d 05The FREFILES (B) 4.55 Asimal Rescue Souad (R) 5.10-5.35am Wildlike 905 (R)

10.55 CSI: NY

Abideamom's lound stripbed to death on his medding days (R)

Only on CS7...(R)

1 Choose your download and tortthe EFTWORD to 88888

2 Daymised your product, six book and enjoy

7.00 Wonders of the Universe.

Why gravity's ace, or something, (R)

800 The Hairy Bikers: Mums Know Best

Three women in Wales prepare their most impressive dishes. And by impressive, they mean complicated. Pizza impresses us, to be honest.

9.00 Bible's **Buried Secrets**

Theories that suggest the man upstairs had a wife.

10.00 Have I Got Old News for You

With guest host Martin Clanes (R)

11.20 Storyville -American Idol: Reagan

A look at the target of two-lents US

president Ronald Reagan, Not.

toptage of him appearing on a

and no contest sadky

10.30 Newsmight

10.00 ITV News, Weather

10.35 Thirteen

12.25am The Zone

A teerage gift coping badly with her paients' break opsinks into a world of drugs, sexual experimentation and crime.

2.25 Crossing Juntan: Drama. 3,45-5, 30am (TV Nightscreen

1.15 Part Sking (R) 1.45 Paten The Grid (R) 2/10 1:202 KOTV Boxing Weekly 2.48 From Sailing (R) 3.05 (2011) Togethion (R) 4.55-

Poker Tour

1am BBC News. The day's headlines. 4.00-4am BBC Learning Zone

S.55am full Metal Charlenge (F)

NutsTV

23 MARCH WEDNESDAY



The Social Network

FILM Sky Box Office/HD, from 6am Jessie Eisenberg plays Facebook founder Mark Zuckerberg in a drama about the rise of the geeky billionaire. Look out for new Spider-Man, Andrew Garfield. ★★★★



The Sopranos

Sky Atlantic/HD, 9pm When
AJ gets himself drunk on some sacramental wine, Tony decides his errant son is doomed, and turns to Dr Melfi for spiritual guidance. Absolutely classic stuff! ****



Sons Of Anarchy

DRAMA 5 USA, 10pm Chibs is released from hospital, but is in trouble again in no time, pulling a gun on Edmond and encountering his old IRA boss Jimmy O'Phelan! * * * *

one

Sam Breakfast 9.15 Heir Hunters 10.06 Homes Under the Hammer 11.00 Entain's Emety Homes 11.30 Cash in the At (12.15 pm Bargain Hunt (R) 1.00 BBC News, Weather 1,45 Opclars 2,15 Escape to the Country \$ 50 d BBC News Weather, Regional News 3.05 CBBC 5.15 Weakest Enk RI 6.00 BBC News, Weather 6.30 Regional

TWO

6am EBeebies 7.00 EBBE 8.30 (Borbigs 11,30 The Budget 2011 3.30pm Fleg IV. Travels Around Britain: Ruck Craft; (R) 3.45 Helimpter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth is 6,000 Eggheadr(Fi) A 20 Royal Dostairs Downstairs

5.30am (TV News 6.00 Baybreak 8,30 Longing 9,25 The Jorgany Kye Show 10.30 This Morning 1.2.20pm The Chancellor's Budget -An ITV NewsSpecial 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 The Alan I trhmarsh Show 4.00 Midsomai Munders (Dime drama) (R) 5.00 The Drave RI 4.00 Regional News, Weather 6.30 ITV News 6.55 Budget Statement by the Chancel'ou of the Euchenseu

5.55am Yu Gabba Babba! (K) 4.20 The Hooks (R) 7:15 Freshfy Squeezed 1.40 Everybody Loves Raymond (R) 8.05 Fragier (F) 8.35 Friends (FQ 9.05 Supernanny USA 10.00 Brothers & Sistem 10.55 Country House Rescue [R] 12.00 noon News 12.05pm Ball Kipps: Comedydrama, 2:05 Cooking School 3.40 Countdown 3.55 Dealor No Deal 5.00 Come Oine with Me 5.36 Coach Trip 6.60 The 5 mpsons (K) 6.30 Hollypaks

dem Mikshake! 9.65 The Wright. Stylf 11.05 Coerboy Builders RI 12.00 noon Meals in Momenta (K) 12.10pm 5 News Lunghtime 12.20 House | R | 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family Recipe (R) 3.15 Lat. Hood: A River's Rampage. Dissenter movie sterning Pichem Thomas, 5.00 5 Reason 5. Weather 5.30 Neighbours (K) 6.00 HomeandAway (R) 6.25 CKI TV

Weather 1.30 Regional News, News Programmes, Weather

7.00 The One Show Topical megazine show.

7.30 The Boat That Guy Built

Ges Martin makes a fin dan Why? Berause heller can.

8.00 Waterloo Road Gently and Pulsy form an on Flesh

creath-spartnership.

9:00 MasterChef

The contestants cook for Bertie de Rescentant, who ever he is.

10.00 News, Weather

10.35 Budget Statement by the Chancellor of the Exchequer

Baring!

10.40 The National Lottery Wednesday Night Draws

10.50 Would I Lie to You? Are comedy panel show hosted by

Weish comic Polo Bryden (F) 11.20 Shattered Glass Fact has eddrama starting

12,50am Weatherview

12.55 Sign Zone: Country Tracks (R)

Harden Christensen.

1.50 Toughest Place to Be a Midwile 2.50 Baking Made Fasy 3.20 The Bust that Guy Buill 3.50 Romanting the Stone: The Golden Ages of British Sadgaue 4.50-6am 880 News

7.00 Escape to the Country

Acquaie who want a big house with at least four bedrooms and an acre of land A Sitskint, then NR)

8.00 Great British Food Revival

James Martin makes stuff with apples Maywe suggest cider?

9.00 The Truth **About Lions**

What makes hims feld

10.00 Mock the Week Again

With quests Milton Jones, Jack Whitehall and Holly Walsh. (R)

10.30 Newsnight

11.20 Budget Statement by the Chancellor of the Exchequer

Not this again! Do one! (6)

11.25 ICC Cricket World Cup Highlights

The first quarter-final at the Shere Bangla Nylional Stadium in Mirpur, Bangladesh.

12.25am 8BC News

4.00-6am BBC Learning Zune

7.00 Emmerdale

Charge Environdale, Charge she ea stead on Kilk, Chaose endless plunghing. Charge cows, pigs and goets. Choose Relds and larmyands, Choose weel, Cheose Emmergiale, Er. or The Simpsons on Sky1. Yeah, choose that, ectually.

7.30 The Unforgettable Sid James

Profile of the Cazy On star. (R)

ROOMidsomer Murders

John Barnaincline-stinates-the murder all a Du In the world's most unlikshrorime capital.

10.00 ffV News, Weather

10.35 Mercury Rising EDE A jaded FBI agent goes on the numwith an autistic nine year old bay who has macked a seriet

gaveniment ande. Bruce Wills sters.

12.40am The Zone

2.45 Perfect Strangers Romantic comedystaming Rob Lowe. 4.15-5.30aes ITVN chischest

7.00 News

7.55 4thought.tv Religion and things.

8.00 Supersize vs Superskinny Kids

A 12 year-old date | dancer and a butted 11-year old boyre colve help.

900 Jamie's Dream School

Jamie Oliver a smilnes whether a classical education could still be useful. Infinitely more useful at the moment would be the remote.

10.00 The Model Agency

The castings for Landon Easting Weekare in full swing.

11.05 Lify Allen: From Riches to Rags

The singer talks about taking a break from the music industry. (R)

12.10am Music on 4: Mercury Prize Sessions A perfortance by electronic Iria Magnetic Man. (R)

12.30 4Play: Jamle Woon A profile of the singer-song-rites.

12.45 4Play: Emin Another orafile

1.00 The Album ChartShow Spotigist 1.95 Imelda May 1.30 Fromber House 2.25 The Ballle of Hood and Bismord: 3,55 BEBBelle Stary 5.25-6.10am Ecuntidova

7.00 5 News at 7

7.30 Starlight: For the Children

A sizypar-old from Burton-ro-Trent oces to Disneyland Paris.

8.00 Emergency Bikers More III people race ve help. (R)

Turn's father is inked to an assassination-alternationestication.

10.00 Law & Order: **Criminal Intent**

A pregnant student is murdered. (R)

11.00 Law & Order: Special Victims Unit

The team investigate a nine year old's claims that she sheen. molested by her lootball coach. [R],

11.55 **Poke**r

Holding an folding fun Irom another big tournament.

12.55am.SuperCasino

4.05 The fBl Files (R) 4.55 Animal Rescue Squad (P) 5.10 Wildile SQS (R)5.35-6am House Option (R)

7pm The Simpsons

Hamer and Mange playing a curling learn in the Winter Olympics (BNHO)

7.30 The Simpsons Granica gives each member of the lamily \$50L(B)(HD)

8.00 Louie Spence's

Showbusiness

Çamp danding norsense.(HD)

9.00 An idiot Abroad

Karl Milengion reflects on his trevels, Hilariaus stud LITCOHOR

10.00 Fringe

Viahermeets one of his musical heroes (HD)

11.00 Spartacus: Gods of the Arena

Vlant loads of nud-ty and allround rudeness? Watch this then -it's the pregnet to Spartnars: Blood and Sand, Staming Dustin Elane, IRXHO!

12.15am Ross Kemp: Extreme World

(Autotrace sever) teafficking in the UK.(R)(HD)

1.45pm Beach Society ESPN. გიო მარივ Sky Sperts 1. 12ლ ს 900 მორემარ, ESPM.

SPORT

4. Steam 400 Crickes World Dup, Sky groups I. - 30pm Australius Auber feetbal, ESPN, 1904 Golf, Sky Sports 2, 3,30an Golf, Sky Sports 2, 3pm Bails, Sky Sports 1. The super Women's Football, ESPN, 11 The Hockey, ESPS).

THURSDAY 24 MARCH



V Syfy/HD, 9pm

DRAMA The second series of the drama about an alien invasion

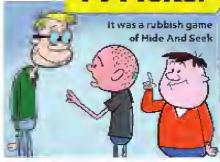
in which the blighters want to take over Earth begins. Still, there are some hotties. among them, so it's not all bad! ★★★★



30 Rock Comedy Central, 10.30pm

COMEDY The writing team discover Jack (the ace Alec Baldwin)

used to be a voice over artist, so they use his voice to play a prank. Liz, meanwhile, tries. to become popular in the office. ****



TODAY'S

MUST-SEE TV PICKS!

The Ricky Gervais

Show Channel 4/HD, 11.30pm

Karl talks about medicine, animals and gadgets, while

Ricky and Steve laugh at him. Ace! ★★★★

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Britain's Emphy Harnes 11.30 Cash in the Attic 12.15pm Engain Humi (R) 1.00 BBC News, Weather 1.30 Regional News, Westfrey 1.45 Dictors 2.15 Escape to the Country 3.00 BEC News, Worther, Regional News 205 | PRC 5.15 (Vesker) Link: Agamas Ampschapte grov 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

61m (Beebles 7.00 CBBC) 2.30 (Septics 11.30 Sep Hom 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Diagnosis Munder (R) 1.45 To Buy er Not to Buy 2.30 Restoution Roadshow (R) 3.00 Flegiti 3.45 Relicenter Heroes [R] 4.30 Point less 5.95 Put Your Money Where Your Mouth is 6.00 Engheads (R) 6.30 Royal Llosta'rs Downsta'rs

5.30em RYNews 6.00 Daybreak 8.30 lemning 9.25 The Jensmy Kyle. Shore 10:30 This Morning 12:30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 kf nute Makeover 3.60 The Alan Titchmarsh. Show \$200 Midsomer Murders (Rt. 5.00 The Chase A.00 Region? News, Weather 6.30 ITY News.

6.10ams The Treade People (70) 4.20 The Hoobs (R) 7,10 Freshly Squeezed 1.40 Everybody Leves Paymond(F) **2.05** Fresign(R) **2.35**. Friends (R) 9.10 Supernarry USA 10.00 Brothers & Sisters 10.55 The Restoration Manifo 12.00 noon Channel 4 News 12:05pm Bood Marring, Miss Dove 2.05 Coakery School 2.30 Countdown 3.55 Dealor No Deal 5.00 Come Dinewith Mr. 5.30 Coach hip 6.00 The Simpsons [R] 6.30 Holiyoaks

6em Wilshalet 9.15 The Wright Stoff 11.05 Cowboy Builders (A) 12.00noon Meals in Moments (K) 12.10 pm 5 News Lungatine 12.20 House (R) 1.15 Home and Away 1.45 Keighbours 2.15 The Winessi Shaw 3,05 Rough Guide Io Adventures (R) 3.25 (B) Chine Thriller starring Valorie Bertine/V and Peter Jason 5.00 SNews at 5. Weather 5.30 Neighbours (RJ 6.00 Home and Away (R) 6.25 DOTV

7.00 5 News at 7

cretivwild file fiet. IRI

8.00 The Blasters

Gustalson fartific

7.30 How Do They Do H?

production of electric shavers. He's

Docu about demoktion experts the

900 High Plains Drifter

mysterious gurslinger is hired to

from three veneefol outlaws. Cooll

project a remote front entown

Western directed by and

stanini Cint Fastwood, A

Ratest Liewellynexplores the

7pm The Simpsons Hamer tells the story of his first love- a girl heldssed at summer camp. (2)

7.30 The Simpsons Bartis sentidia Juvenille parectional facility (B!

8.00 Hawati Five-O Danno's former partner is muidered [R/(HD)

9.00 Thorne: Sleepyhead

Dually time demawith Day of Warrissey, (B)(HD)

10.00 House And now according medical drama! The team treata leenager who has so saidicus-

lacking scars (HD) 11.00 NOIS:

Los Angeles Callen and Sam Intitrate a gang ul corrupt officers and military personnel.(P)(HD)

12.00m1 Night Cops He work of police alliens across the UKJR((HD)

7.00 The One Show Indical stories

7.30 EastEnders Jelled sel-based druel

8.00 DIY SOS: The Big Build - Haydock Nail-beshing tronsense.[fig

9.00 My Big Fat Fake Wedding: Panorama Arenodon sham marriages.

10.00 News, Weather

10.35 Budget Response

10.40 Ovestion Time More banging on about the budget.

11.40 This Week the pastweekin politics Groan.

12.30am Sign Zone: The Big Squeeze: Panorama How households are allected by the current financial situation. (K)

7.00 Windfarm Wars

🚥 Overmentary let owing the progress of a proposed wind larm.

800 A Farmer's Life for Me

Real-Me Emmergiale, Speaking of which, avoid ITV1 stall costs.

900 The British at Work Kirsty Youngevarrines employment in the 180s and 190s.

10.00 The Grumpy Guide to Work

Celebrities bemoan the daily grind. of a inconditioned offices, pointless tasks, and the same faces every day. Hang on cookbridge? What would they know about 12 [R].

10.30 Newsnight

11.20 Budget Response Indic's nelescaping it.(P)

1.25 ICC Cricket World Cup Highlights the second quarter final to Ahrnedahad India

12,25am BBC News

7.00 Emmerdale Strang-chewing rubbish:

7.30Too Old to Be a Mum?: Tonight

8.00 Emmerdale

FicConal A Featre's Gle for Me. Speaking providen, avoid 8802 at all costs. Gine Skyll a ou instead!

8.30 Coronation Street Terraced house two-dolo

9.00 Monroe

Springer tries to cover up the fact. that he has "misfaid" a potient. Harm, have you checked down the side of the setter. Sminner:

10.00 ITV News, Weather

10.35 Gone in Sixty Seconds Action trailler staming Nicolas Cage as a legendary former contribet who reundaup his old gang to sheal.

12.45am The Zone

50 cars in one night. Show of L

7.00 News

7.55 4thought.tv

8.00 Supersize vs Superskinny Kids An underweight nine vear old receives notrificazl advice.

9.00 Love Thy Neighbour

London professionals compet equinstle Surrey based couple. 10.00 10 O'Clock Live

With David Mitchell, Jimmy Care. Charlie Brooker and Lauren Laverne.

Bang Theory Geeky laughs as Sheldon linds himself competing against Star Dek actorWillWheaton. [R]

11.35 The Ricky Gervals Show

11.05 The Big

stocker Phoneton effect a Premy on exclusion, and other Karl Pillingian talks, on leading

12.10am Music on 4: CTRL MX Highlights of the show.

12,40 4Play: Skepta Annille of the ME (P)

12.55 On Track The Coral record three tracks onto with Englant! III!

Super Casino

11.15 CCTV Cities Donal MacIntwe

hasa lookat. no line ellerts in combat frotball sidence (K)

12.15am



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1.00 Countrylife (R) 2.00 Antiques Poadshow (R13.00 The Paedoph le Hunters IRI 4.00-barn BBC News

4.00-6am BBE Learning Zone

2.45 The Jesemy Kyle Shoor [R] 3.40 Top Old to Be a Mumit Top light (RI) 4.05-5.30aes ITV Nichtschech

1.05 On Back 1.20 The People's Supermarket 2.15 Dispatches 3.10 Willhoul a Trace 3.55 Hill Street Blues 4.45 Wogan's Perfect. Recall 5.10-5.5 Sags Countilises

4.05 The FEFFiles 4.55.5n mal. Rescue Souad 5.10-5.35am WEIGHT COC



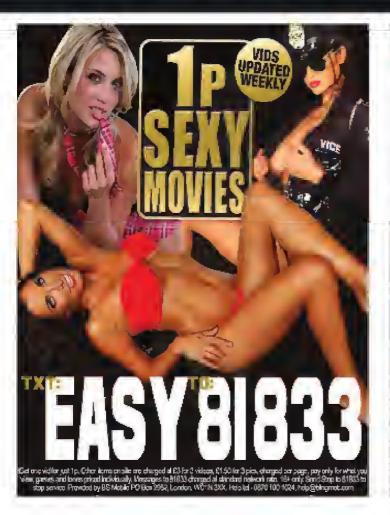








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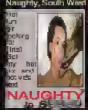
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The truth is out there - so we've kidnapped it and put it on this page!

"Ythat are the most on this Hight? unimpressed the new Playboy Mansionintake no shorks in here

> "Er, can we try another

position?"

An original Slinky, uncoiled, would be 63 feet long.

the first five monkeys sent into space, Alberts I to V, all died during the trip. Albert VI was the first monkey to survive the trip.

In February or this year, a 35-year-old California man was killed at an illegal cockfight after one of the roosters stabbed him in the calf.

At the 2011 Grammy Awards a new Guinness world record was set for the largest gathering of Lady Gaga Impersonators. There were 121.

In 1999, a dead scientist's ashes were sent up to the moon in a space probe, making him the world's first man to be laid to rest on the moon.

In 2010, the Kardashians made more than Angelina Jolie, Sandra Bullock and Tom Cruise combined.

Charles Osporne or lowa suffered an attack of hiccups that started in 1922 and lasted for over 69 years.

On St Patrick's Day - which is this Thursday (17 March) - 150 pints of Grinness will be pulled every second around the world.

In 1967, Welverhampton Wanderers, playing as Los Angeles Wolves, became the first and only champions of the USA's United Soccer Association tournament.

Women can detect if a man is sexually attracted to them by sensing subtle changes in the smell of his

PUB AMMO ON... THE OLYMPIC GAMES



- The youngest Olympic gold medallist was a seven-yearold Dutch boy pulled from the crowd at the Paris 1900 Games to act as a cox for the Dutch rowers.
- Brazil has never won Olympic gold in football.
- Women's boxing will take place in the

- 2012 Olympics for the first time in 108 years.
- Brazilian twins, synchronised swimmers and models Bia and Branca Feres are rumoured to be competing in the 2012 games.
- 8.8 million
 Olympic tickets
 will go on sale
 from today at
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 london2012.com



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